

DO YOU HAVE A MAD MEN PERSONALITY?

WITH THE NEW SEASON APPROACHING, OUR SELF-HELP EXPERT HAS SOME ADVICE FOR OUR FAVOURITE CHARACTERS PAGE 16



VANCOUVER

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Tuesday, March 20, 2012



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New Way forward for ex-First United reverend

DTES. Former reverend and board members of First United Church set up new charity

"Here we are."

Rev. Ric Matthews stands in the middle of an empty office space Monday in Vancouver's Downtown Eastside and looks

over his new home. There's not much to look at.

Two wooden fold-up chairs are about the only noteworthy feature. Otherwise, the office at 678 E. Hastings St. is just empty room after empty room.

But it's a start. In time, the building will be home to a lively new charitable organization aimed at providing 24-7 support and a sense of family to

the city's most marginalized.

Welcome to Day One at the New Way Community Society.

The society is the brainchild of Matthews, Rev. Sandra Severs and Gillian Rhodes — the trio of longtime First United Church operators who resigned in December when the DTES parish decided it would no longer provide shelter spaces for the homeless after a

government clampdown.

New Way represents a new start for Matthews, who says existing services often fail to connect with "clients."

"Take the man who stabbed someone in the Waves coffee shop recently," Matthews said. "He was discharged the day before. Someone must have been told, but he didn't have anyone that truly knew what

was happening ... somebody who is there 24-7 and acts as family."

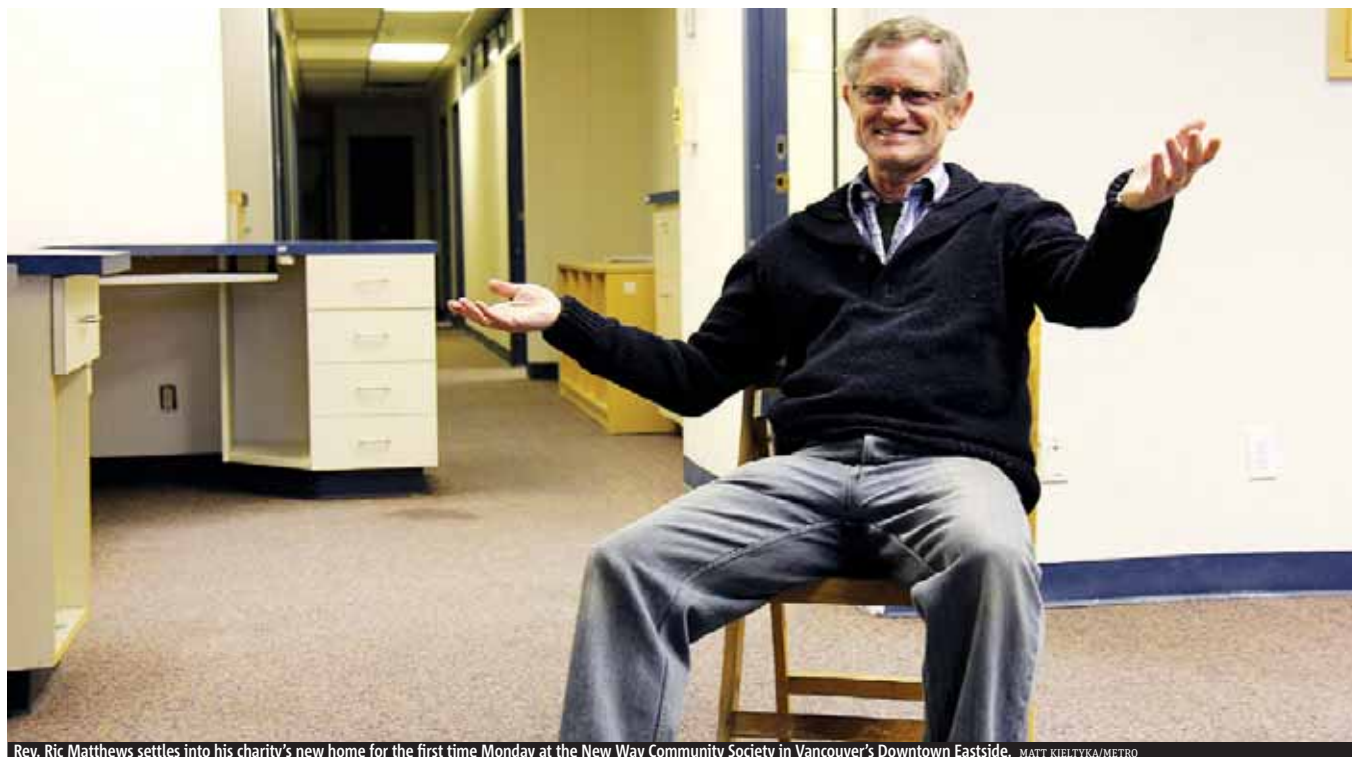
Full-time support work and assistance for people in transition will be New Way's focus.

"It's not about providing residence — there are other organizations that do that. But we want to ensure housing becomes a home, and a home becomes community,"

he said. "It has to be grounded in establishing real relationships so a person isn't a client but family."

Matthews expects New Way Community Society to be fully operational within three months. By then, the early days in empty rooms will be a distant memory.

MATT KIELTYKA/METRO



Rev. Ric Matthews settles into his charity's new home for the first time Monday at the New Way Community Society in Vancouver's Downtown Eastside. MATT KIELTYKA/METRO

Slurp 'em up

Lunch Rush celebrates National Noodle Month at Phnom Penh PAGE 17



It's a Peyton-palooza

Move over, Tim Tebow — quarterback Peyton Manning is heading to the Denver Broncos PAGE 30





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Mission songstress set to serenade Ellen

Young talent. Parents of Carly Rae Jepsen say she's worked hard for her success

KATE WEBB
kate.webb@metronews.ca

Her smash hit single is called Call Me Maybe, but even Carly Rae Jepsen's parents have trouble actually getting her on the phone these days.

Since the Mission-raised singer-songwriter was signed by Justin Bieber's Schoolboy Records label a few weeks ago, she has been zig-zagging across the continent on a non-stop publicity tour.

This week, she heads to L.A. for a taping of an Ellen episode that will air on Friday. She'll get to share the stage with Julia Roberts. With her publicist drowning in thousands of emails from the likes of the New York Times and Rolling Stone, the 26-year-old's parents weren't surprised at how tough it is to get a minute to speak with her.

"Join the club, because we're in the same boat right now," laughed her mom, Alexandra Lanzarotta, reached by phone Monday afternoon at her home in Maple Ridge.

"At this moment, if we

can get a word in with her we're doing well," chimed in her husband Ron Lanzarotta, Jepsen's step-father.

Growing up in Mission, they said Jepsen was a dedicated student, a gifted athlete and an outgoing girl who preferred to keep a small, close group of friends. But her passion was always performing.

"As long as I've known her, right from when she was three years old, she's always (been) pulled to music and she's always loved to be able to sing for people, or to put on a play or to be in a talent show," said Ron. "She used to love choreographing. She'd take a song and dance to it. It was just kind of in her."

They said it's been "sur-real" to see their daughter's song hit No. 1 on MuchMusic and crack the U.S. Top 40.

"The highlight is just really seeing her hard work paying off, and when you see that with anybody, it's just such a nice thing," said Alexandra. "She's really, truly worked on this, so when you get the call saying, 'I'm going to be on the Ellen show' or 'I'm going to Justin Bieber's birthday party' ... you can just kind of go, 'Wow, it's really happening for her!'"

The Lanzarottas said they will be watching Jepsen's appearance on Ellen at home later this week — and that they'll definitely call her afterward.



Mission's Carly Rae Jepsen heads to Los Angeles this week for a taping of the Ellen show. VANESSA HEINS/CONTRIBUTED

Guilty plea. Man handed a life sentence for 2008 double homicide

One of the three men accused of killing a Mission couple in 2008 has been sentenced to life in prison after pleading guilty to two counts of first-degree murder.

Jack Douglas Woodruff, 53, of Surrey, pleaded guilty in New Westminster Supreme Court Monday to gunning down Lisa Dudley, 37, and her boyfriend Guthrie McKay, 33. He's been sentenced to life in prison with no chance of parole for 25 years.

Insp. Kevin Hackett, of the Integrated Homicide Investigation Team, said Woodruff took responsibility for his actions and recognized the devastation he caused in the lives of two families.

The initial handling of the case has been clouded with controversy because a Mountie, who responded to a

911 call made by a neighbour after hearing gunshots, did not get out of his vehicle or interview the caller.

A neighbour eventually discovered the couple four days later inside their home in the 31000 block of Greenwood Drive.

McKay was already dead and Dudley died on the way to the hospital.

After an investigation, the responding officer was later reprimanded and docked a day's pay.

Bruce Main, 64, and Justin Andrew MacKinnon, 26, have also been charged with two counts each of first-degree murder in the case.

Both Main and MacKinnon are scheduled to appear in B.C. provincial court in Abbotsford on March 30.

PHYLLIA TORREVILLAS/METRO

Investigation

Officer cleared in shooting

A Vancouver police officer who repeatedly fired at a man and killed him with a shot to the head nearly five years ago will not be charged.

Police Complaint Commissioner Stan Lowe says extensive investigations have not produced any evidence to suggest Const. Lee Chipperfield used unnecessary or excessive force in handling the incident.

Chipperfield was among several officers who responded to a 911 call about a mentally ill man's erratic behaviour on the night of Aug. 13, 2007.

Lee fired eight shots at Boyd, who was swinging a bicycle chain, and killed him with the final shot to the head — even after his partner told him to hold fire and disarmed the man.

THE CANADIAN PRESS

Assault

Chilliwack man fingered for punching cop

A Chilliwack man has been charged with several offences after allegedly assaulting a police officer nearly two weeks ago.

The man is accused of punching an RCMP officer in the head several times and then fleeing after he was stopped on his bicycle during a routine traffic stop.

RCMP Cpl. Tammy Hollingsworth says that despite her injuries the officer chased after the suspect and was punched again before members of the community helped her and the man was arrested.

Thirty-four-year-old Donald Triplett remains in custody and will make his next court appearance on March 29.

THE CANADIAN PRESS

Arson

Youth accused of break-ins and house fire

A young person is facing arson and other charges in connection with repeated break-ins, theft and a fire last week that destroyed a home in Golden while the owners were away.

RCMP Cpl. Dave Kronlund says the residence was fully engulfed by the time firefighters arrived.

Kronlund says the youth was one of three people who broke into the house and set fires that activated smoke detectors before neighbours called the fire department.

He says two other suspects are also expected to face charges related to the incidents.

THE CANADIAN PRESS

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NEWS

Mobile news



The KONY2012 video may have more than 83-million views on YouTube, but a clip of Invisible Children founder Jason Russell's naked romp on a street corner is now taking over the web. Scan the code for the story.



On the web

Double helix, double bind

The state of New York will start collecting DNA samples for a permanent database from people who commit even minor crimes like shoplifting or subway-turnstile jumping. Watch at metronews.ca/video

Leadership. BCTF's Lambert facing battle on two fronts

B.C. Teachers' Federation president Susan Lambert isn't just fighting the government over Bill 22 — she's also fighting for her job.

Union members decide Tuesday whether Lambert deserves another term as president or whether it's time for a change at the top during a leadership vote at the BCTF annual general meeting in Vancouver.

Among the challengers is Rick Guenther, a current member of the BCTF executive committee and teacher of 30 years who has advocated taking a less adversarial approach to negotiations.

"I'm in favour of trying to negotiate solutions to problems," Guenther said Monday. "That doesn't mean you give up the farm. When you can't (negotiate), that's when you fight ... but I do not believe fight is the first option."

Guenther said leadership races within the BCTF have been non-existent for a decade and feels more frequent challenges and votes would be "healthier" for the union.



Rick Guenther is trying to replace Susan Lambert as BCTF president.
MATT KIELTYKA/METRO

giving its members a chance to reflect on the job the executive is doing.

Lambert, meanwhile, is so focused on the union's next move in the labour dispute that she seemed surprised at re-election questions during a media scrum Monday.

"There's a thought," she laughed. "I'm also running for re-election.... That is a Tuesday-morning vote, and the members will decide."

MATT KIELTYKA/METRO

Teachers 'can't afford' to stage an illegal strike

Union. Cost of an illegal strike beyond teachers' means but that may not be enough to stop walkouts



MATT KIELTYKA
matt.kieltyka@metronews.ca

The cost of opposition could be a heavy blow for the B.C. Teachers' Federation.

The union is expected to announce an action plan against Bill 22 as early as Tuesday and president Susan Lambert insists that all options — including illegal strike action — remain on the table.

But on Monday, Lambert admitted the union may not have the resources available to sustain a long-term radical resistance and the heavy fines that are sure to follow.

"Of course we can't afford it," Lambert said. "But that's the question, isn't it? That's the moral choice that's facing



Teachers at the BCTF annual general meeting demonstrate against Bill 22 in the streets of Vancouver Monday. MATT KIELTYKA/METRO

teachers. Either you stand up to an unjust law and knowingly take the risk, or you find other ways of resisting that unjust law."

Less radical steps could involve teachers boycotting extracurricular activities at school or backing out of mediation.

"I am not prepared to pre-

dict the response of the members. It's the teachers who will tell me what to do," she said. "If the 41,000 members of the B.C. Teachers' Federation decide to take the action to incur fines, then I will be incurring fines, I suppose."

A group of teachers within the BCTF has reportedly been distributing pamphlets at the

annual general meeting encouraging members to stage wildcat strikes.

The faction suggests teachers should again refuse to work if the government insists on levying fines.

In 2005, the BCTF was fined \$500,000 for civil contempt after staging 10 days of illegal job action.

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'Spin' likely died of stroke-like episode: Vet

Vancouver Aquarium. Veterinarian says little could have been done to save Spinnaker the dolphin

KATE WEBB
kate.webb@metronews.ca

Results of a necropsy show that Spinnaker, the Vancouver Aquarium dolphin who died nearly two weeks ago, was probably killed by a stroke-like event.

Veterinarian Martin Haulena said the Pacific white-sided

dolphin, who was rescued and brought to the aquarium in 2001, was suffering from a degenerative lesion in his brain and hardening arteries.

"Spin was not the youngest dolphin," Haulena said, estimating the show-jumping fan favourite was at least 26 when he died. "He was definitely considered an aging animal."

The vet said Spin had been very active in the days leading up to his death, and had just recovered from a gastrointestinal illness.

"It could be genetic or it could be just strictly due to aging," he said.

The maximum age recorded for a Pacific white-sided dolphin is 46, but males don't live

as long as females. Few in the wild live past the age of 26, according to Andrew Trites, director of marine mammal research at UBC, who spoke with Metro just after Spinnaker died.

Haulena said the results of the necropsy have given some relief to grieving staff at the aquarium.

"There are a great many people around here who were very, very attached to him and to have him pass away very, very suddenly like that was quite distressing," he said. "So to at least have a little bit of closure, and knowing that there was not much we could have done or changed, or prevented, I guess that offers some relief to people."



A dolphin performs at the Vancouver Aquarium. JEFF HODSON/METRO FILE

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Emily Carr art students gather at Union Gospel Mission on Monday to speak about their current art collaboration with the space. KYLA JONAS/FOR METRO

Bringing colour to the walls at an Eastside shelter

Inspired art. Student volunteers researched the community to get a feel for what type of art installation would suit UGM best

KYLA JONAS
vancouver@metronews.ca

Making the homeless feel at home — through art.

This is the reasoning behind an initiative by Emily Carr students as they try and bring life to the barren walls of the Union Gospel Mission's dining hall in the Downtown Eastside.

"To have a place where the most vulnerable in our community come and see art specifically created for them, it sends the message that this place is important and that they're important," said UGM's Keela Keeping.

"In the past, art has typically only been for the privileged. People don't really stick art on places they don't care about."

The project originated after condo king Bob Rennie, a board member at Emily Carr, heard of UGM's need for beautification and suggested establishing a painting class to create art for UGM's walls.

Art students volunteered at the UGM and researched the community to get a better feel

for what form of installation would be most suitable for the space and its clients.

"We're communicating with everyone involved to ensure that we're making something beautiful and inspiring and what the UGM needs," said Emily Carr art and design student Lindsay Block-Glass.

Keeping believes the original art will bring positive vibes to the homeless shelter's new space. "Art has incredible potential for healing. It's another form of expression and often beyond what words can do."

The official unveiling of the installation will be a part of UGM's Easter dinner celebration on April 7 at 610 East Hastings St.

Homicide investigation. Woman stabbed to death at Cobalt Hotel

A woman believed to be in her 30s died early Monday morning after being stabbed at the Cobalt Hotel.

This marks Vancouver's third homicide.

Vancouver police spokesperson Const. Lindsey Houghton said police rushed to the hotel on Main Street after getting a 911 call at around 6 a.m.

The woman was found with stab wounds and died about 45 minutes later in hospital.

She has not been identified and an autopsy is scheduled to determine the cause of death.

A man, who police say is not considered a suspect at this point, was also found in the same area of the hotel with non-life-threatening injuries.

Houghton said no one has been taken into custody and the motive is unknown, but the homicide does not appear to be gang related.

"We've been going (to the Cobalt) for calls of various kinds for many, many years," Houghton said.

"Certainly any drug connection is a possibility at this point."

PHYLICIA TORREVILLAS/METRO



Const. Lindsey Houghton at VPD headquarters Monday.
PHYLICIA TORREVILLAS/METRO



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NDP ready to counter Tories' negative ads

First impressions.

NDP set to announce new leader Saturday, prepared to pre-empt Tory attacks

The NDP is preparing a "significant" ad campaign to promote its new leader before the Conservatives get a chance to taint Canadians' first impressions with attack ads of their own.

The new leader, to be chosen Saturday, will have to approve the plan, but the idea is to beat the Tories to the punch. "The NDP is not going to be caught flat-footed. We are going to be defining our own leader to the public," NDP spokeswoman Sally Housser said in an interview.

The Conservatives have successfully launched attack ads that helped demolish the reputations of the last two Liberal leaders, Stéphane Dion and Michael Ignatieff. The ads

Raid on Rae

- The Tories launched an ad campaign this week against interim Liberal Leader Bob Rae, accusing him of turning Ontario "into the welfare capital of Canada" during his term as NDP premier in the 1990s.

portrayed Dion as ineffectual, weak and "not a leader," and Ignatieff as an opportunistic interloper who was "just visiting" Canada and "didn't come back for you."

Liberals agreed at their convention in January to set aside cash to promote and defend their next permanent leader, who is to be chosen next spring.

The NDP has learned from the Liberals' experience that Tory attack ads can't be allowed to go unchallenged. "We've set aside funds for a significant ad buy," said Housser.

THE CANADIAN PRESS



This screengrab shows a new Conservative Party of Canada ad attacking interim Liberal Leader Bob Rae. CONSERVATIVE PARTY OF CANADA

Child abandonment

Intoxicated mom leaves baby in leaves, police say

A seven-month-old girl is fine after her mother allegedly got drunk early on St. Patrick's Day and left her in a pile of leaves near a Portage la Prairie, Man., school.

RCMP said a cyclist riding past a school at about 3:45 a.m. Saturday heard a noise that sounded like a cat. Stopping to check it out, he found a baby girl lying in a pile of leaves near the steps of the school.

The man kept the girl warm with his jacket while waiting for emergency personnel to arrive. The girl was taken to hospital and treated for exposure to the cold.

RCMP said after canvassing the area, they found an abandoned baby carriage, then found the mother, who appeared so intoxicated she passed out, witnesses told media.

RCMP have arrested the mother, 28, and charged her with child abandonment and failing to provide the necessities of life.

ELISHA DACEY/METRO WINNIPEG

Byelection

Layton's Toronto-Danforth riding easily stays NDP

The New Democrats easily hung on to the late Jack Layton's riding Monday, with almost-final byelection results in Toronto-Danforth giving the NDP candidate close to 60 per cent of the vote.

The results were well in line with those suggested by polls and observers, who cited Layton's personal popularity and the riding's deep NDP roots.

NDP candidate Craig Scott, a law professor and human-rights lawyer, emerged on top with the kind of voting numbers Layton enjoyed.

THE CANADIAN PRESS



NDP candidate Craig Scott

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Sarkozy condemns attack on Jewish school

Toulouse, France. Four children, rabbi killed in front of school

A motorcycle assailant opened fire with two handguns Monday in front of a Jewish school in the French city of Toulouse, killing a rabbi, his two young sons and a schoolgirl. One of the guns had also been used in other deadly motorcycle attacks in the area, officials said.

A 30-year-old rabbi and his 3-year-old and 6-year-old sons were killed just before classes started at the Ozar Hatorah school, a junior high and high school in a quiet residential neighbourhood, Toulouse Prosecutor Michel Valet said.

Another child, the 8-year-old daughter of the school principal, was also killed, school officials said. Valet said a 17-year-old boy was also seriously wounded and in the operating ward of a

Tragedy

"Barbarity, savagery, cruelty cannot win. Hate cannot win. We will find him."

Nicola Sarkozy, French president

city hospital.

Authorities ordered increased security at schools and synagogues around the country after the attack.

French President Nicolas Sarkozy rushed to Toulouse to visit the school with Richard Prasquier, the president of CRIF, the umbrella group representing Jewish organizations.

Sarkozy ordered increased security at Jewish and Muslim buildings around Toulouse, while his prime minister told officials to "secure" all school and religious buildings in the entire country.

THE ASSOCIATED PRESS



Students comfort each other at the Ozar Hatorah Jewish school.

REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

Afghanistan shooting. Lawyer has 'emotional' meeting with Bales

A lawyer who is defending an Army staff sergeant suspected of killing 16 Afghans, including nine children, met Monday with the soldier for the first time at Fort Leavenworth, a conversation the attorney described as emotional.

Attorney John Henry Browne said he met for more than three hours with Robert Bales, who is being held in an isolated cell at the military prison.

"What's going on on the ground in Afghanistan, you read about it, I read about it, but it's totally different when you hear about it from somebody who's been there," Browne told The Associated Press by telephone during a lunch break.

"It's just really emotional."

Bales, 38, and Browne are expected to meet again Monday afternoon.

Post spokeswoman Rebecca Steed said earlier

Accused

Military officials have said that Bales, after drinking on a southern Afghanistan base, crept away March 11 to two villages overnight, shooting his victims and setting many of them on fire. Nine of the 16 killed were children and 11 belonged to one family.

- **Awaiting charges.** Formal charges against Bales are expected to be filed within the next week.

that Bales would be able to meet Browne in what is described as a privileged visit. Along with medical visits, such meetings are generally more private than others conducted in the prison.

Bales is "already being integrated into the normal pretrial confinement routine," Steed said.

THE ASSOCIATED PRESS

Letters, papers

University puts Einstein online

All 80,000 items in Albert Einstein's archives, including personal correspondence with half a dozen lovers and a poignant postcard to his ailing mother, are going online.

The Hebrew University of Jerusalem, which owns the Einstein collection, is slowly uploading high resolution photographs of scientific papers, letters on social issues including nuclear disarmament and the Arab-Israeli conflict.

Archivists said Monday's launch of the online repository will give scholars around the world direct access to Einstein's papers.

Most have been locked in storage at the university and only half of the collection appears online.

THE ASSOCIATED PRESS

Kosovo conflict

War-crimes claim prompts lawsuit

Serbia's army chief has sued a prominent rights activist who has accused him of war crimes in Kosovo during the 1998-99 war.

Natasa Kandic, who heads the Humanitarian Law Fund group, says the libel suit filed by Gen. Ljubisa Dikovic is politically motivated.

Kandic's organization has alleged that "numerous grave and massive" crimes were committed in central Kosovo where Dikovic was in charge as a brigade commander in 1999.

Dikovic and Serbia's war crimes prosecutors' office have denied the accusations. About 10,000 people, mostly independence-seeking ethnic Albanians, died in the Kosovo war.

THE ASSOCIATED PRESS



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Market Moment



DOLLAR
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TSX
12,479.7 (-17.27)



OIL
\$108.09 US (+\$1.03)



GOLD
\$1,667.30 US (+\$11.50)

Natural gas: \$2.351 US (+2.5¢)
Dow Jones: 13,239.13 (+6.51)

Fair play

Toy company makes ethical list

A think-tank that promotes business ethics and corporate social responsibility has named Rhode Island-based Hasbro Inc. one of the world's most ethical companies.

The New York-based Ethisphere Institute says the toy maker is one of 145 companies on the list this year. This is the first time Hasbro is on

the list.

Ethisphere has done the rankings for six years.

Ethisphere says the companies on the list follow ethical business practices and go beyond legal compliance minimums. Companies can either nominate themselves or be nominated by others.

Hasbro calls it an honour to be selected and says that integrity is a central part of its business.

Other companies on the list include Starbucks, Whole Foods, eBay, Aflac, PepsiCo and UPS. **THE ASSOCIATED PRESS**

Net worth

Canada's online economy lagging

Canada's Internet economy is expected to grow by 7.4 per cent a year through 2016, better than the country's overall GDP but still lagging many global peers, according to a new study commissioned by Google.

The international study, conducted for Google by Boston Consulting Group, found that the Internet ac-

counted for about \$49 billion or three per cent of Canada's GDP in 2010, the latest year for which information was available.

However, that was lower than the G20 average of about 4.1 per cent of GDP and put Canada ninth among the G20 pack.

By 2016, the online economy's percentage of Canadian GDP is expected to reach 3.6 per cent, falling further behind an expected G20 average of 5.3 per cent, the study said.

THE CANADIAN PRESS

Apple offers buyback, dividend

Shareholders rewarded. Tech giant will pay quarterly dividend of \$2.65 per share starting July 1

Thirty-six years after its founding, Apple Inc. is finally loosening up its purse strings to reward shareholders directly, by instituting a dividend and share buyback program.

Investors had been expecting Monday's announcement, driving up Apple shares 37 per cent since management hinted in January that a dividend was in the works.

Apple, the world's most valuable company, sits on \$97.6 billion in cash and securities. For years, CEO Steve Jobs resisted calls to reward shareholders with some of that money.

He used to say that the money was better used to give Apple manoeuvring room, for instance by giving it the ability to buy other companies.

On Monday, new CEO Tim Cook said that with this much cash on hand, a dividend wouldn't restrain the company's options.

"These decisions will not close any doors for us," he told analysts and reporters on a conference call.

THE ASSOCIATED PRESS

Licensing lawsuit

A group of prominent Chinese writers have demanded millions of dollars in compensation from Apple.

- The writers are seeking compensation for allegedly selling unlicensed versions of their books in its online store, a lawyer said Monday.

- Three separate lawsuits have been filed on behalf of 12 writers who allege 59 of their titles were sold unlicensed through Apple's iTunes online store.

- The three suits together demand \$3.5 million US in compensation from the technology giant, Wang said.



The newest iPad is displayed during an Apple event in San Francisco. PAUL SAKUMA/THE ASSOCIATED PRESS FILE

Fresh move. Starbucks set to enter juice market

Starbucks is pushing beyond coffee with the opening of the first Evolution Fresh juice store, the company said Monday.

Starbucks, which is looking for new businesses for growth, purchased the California-based juice maker in November for \$30 million. Evolution Fresh had been selling its juices in grocery stores such as Whole Foods. The first Evolution Fresh store is in Bellevue, Wash.

Aside from juices, Starbucks says Evolution Fresh shops will have wraps, soups, salads, vegetarian and vegan options, and other offerings.

Starbucks shares rose 15 cents to \$53.36 in premarket trading Monday.

Starbucks' acquisition of Evolution Fresh is part of an attempt to broaden its busi-



Starbucks expands offerings beyond coffee. PAUL SAKUMA/THE ASSOCIATED PRESS

ness as consumers demand healthier products and it faces competition from other fast-food chains.

Starbucks said Evolution Fresh drinks will make their way into Starbucks' company-owned stores later this year. Evolution Fresh is also planning to add new seasonal and other juices to its product lineup.

THE ASSOCIATED PRESS

Snack attack. Wendy's edges Burger King in sales

Wendy's has dethroned Burger King as the country's second-biggest hamburger chain.

Wendy's edged out Burger King in U.S. sales volume for the first time last year since Wendy's was founded in 1969, according to a report by food-industry research firm Technomic that's set to be released next month.

Wendy's had sales of \$8.5 billion in 2011, compared with \$8.4 billion for Burger King. McDonald's remained far larger than both with \$34.2 billion in sales.

Both Burger King and Wendy's have struggled in recent years to keep up with the growth of McDonald's, which has managed to keep prices low through the recession.

Sales are up 26 per cent

in the past five years at McDonald's, up nine per cent at Wendy's and flat at Burger King, according to Technomic.

Burger King has been re-evaluating its business since it was acquired by investment firm 3G Capital in 2010. The Miami-based privately held company recently retired its mascot "The King" last year and launched a new advertising campaign focused more on food.

Despite its edge over Burger King, Wendy's has also been on a mission to reinvent itself as a higher-end hamburger chain.

CEO Emil Brolick laid out plans this year to raise standards for employees and update stores with an airier, more modern look.

THE ASSOCIATED PRESS

Bogus bonds

Eight arrested in Polish counterfeit scam

Eight people are to be questioned on counterfeiting

charges on Monday after they were found with \$100 million in fake U.S. treasury bonds in their possession, Polish authorities say.

The Central Anti-Corruption Bureau, a state agency, said the suspects — three Poles, two Italians, two Ukrainians, and a Moldovan

woman — were arrested on Sunday afternoon in regions around Krakow and Lublin, in southern and eastern Poland.

A spokesman for the bureau, Jacek Dobrzynski, said the suspects were taken by surprise in Sunday's raid. He said the value of the fake

bonds was a record seizure for the bureau.

The suspects are to be questioned by prosecutors in Lublin on Monday.

No other details were immediately available, and it wasn't clear if any fake bonds in the scam made it to the market. **THE ASSOCIATED PRESS**

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Mobilicity Stores

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Crystal Mall
Delta
8673 120th St, Unit B
New Westminster
New Westminster Centre,
555 6th St
Richmond
Abertown Centre

Admiralty Centre
Landsdowne Centre
Presidents Plaza
Surrey
Central City
10255 King George Hwy
Payal Plaza
Guildford Town Centre
Vancouver
1641 Commercial Dr
568 Dunsmuir St

6330 Fraser St
1463 Kingsway Ave
3081 Main St
526 West Broadway
Commercial Drive
Train Station
Burrard Skytrain Station
Harbour Centre
Tinseltown
3263 West Broadway

North Vancouver
Lonsdale Quay,
144 Chadwick Court

Authorized Dealers

Burnaby
Mobo Electronics: 1899 Rosser Ave, Unit 104
New Westminster
MVP Electronics: 807 Camarvon St
Port Moody
iBay Communications: 2929 St. John St, Unit 2
Surrey
City Zone Mobile: 15277 100th Ave
Vancouver
Leading Age Computers: 3399 Kingsway
Deltatech Technology: 1523 West Broadway
Green Cartridge: 740 East Broadway
My Convenience Store: 450 West Hastings St

READ BETWEEN THE LINES



SHE SAYS...
Jessica Napier
metronews.ca/sheays

realize the very subtle way in which the words that come out of our mouths are actually completely different from the intention behind them.

In an effort clear up some of the confusion I've created a little decoder to help understand the meaning behind some common female phrases. A She Says column on the things she says. Clever, right?

Read on and be sure not to take any of this too seriously.

"I'm fine."

Wow, she is totally NOT fine. She couldn't be further from fine. If a girl is doing well, she doesn't say "fine." She'll use words like "great," "good" and, if she's particularly enthusiastic, "amazing." Saying "I'm fine" is just a passive-aggressive technique we use to let you know that something's wrong and that it's more than likely your fault. See also: "It's fine" and "We're fine."

Girlfriend wants to bail

"She is halfway through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants."

through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants.

"I have a lot of guy friends."

Because other women can't stand her. She'll tell you she hates drama, but in reality it probably has more to do with her inability to get along with other females. Famous women who have uttered this phrase include The Bachelor's latest she-villain Courtney Robertson and Angelina "Husband stealing" Jolie.

"I don't understand what the big deal is about Ryan Gosling."

Fact: Nobody is more charming than Ryan Gosling. It's sweet that your girl might try to protect your ego by feigning indifference towards this ridiculously handsome movie star, but she's lying to you. Want proof? Check out this thing called the "Internet" and see just how vast the Gosling fangirl universe really is.

"I'm not mad, I'm just disappointed."

But also she's super mad.

Girls have a lot of thing to say; I think the countless S-t Girls Say video parodies are proving that point ad nauseum. But more often than not (read: all the time) a lot of men don't

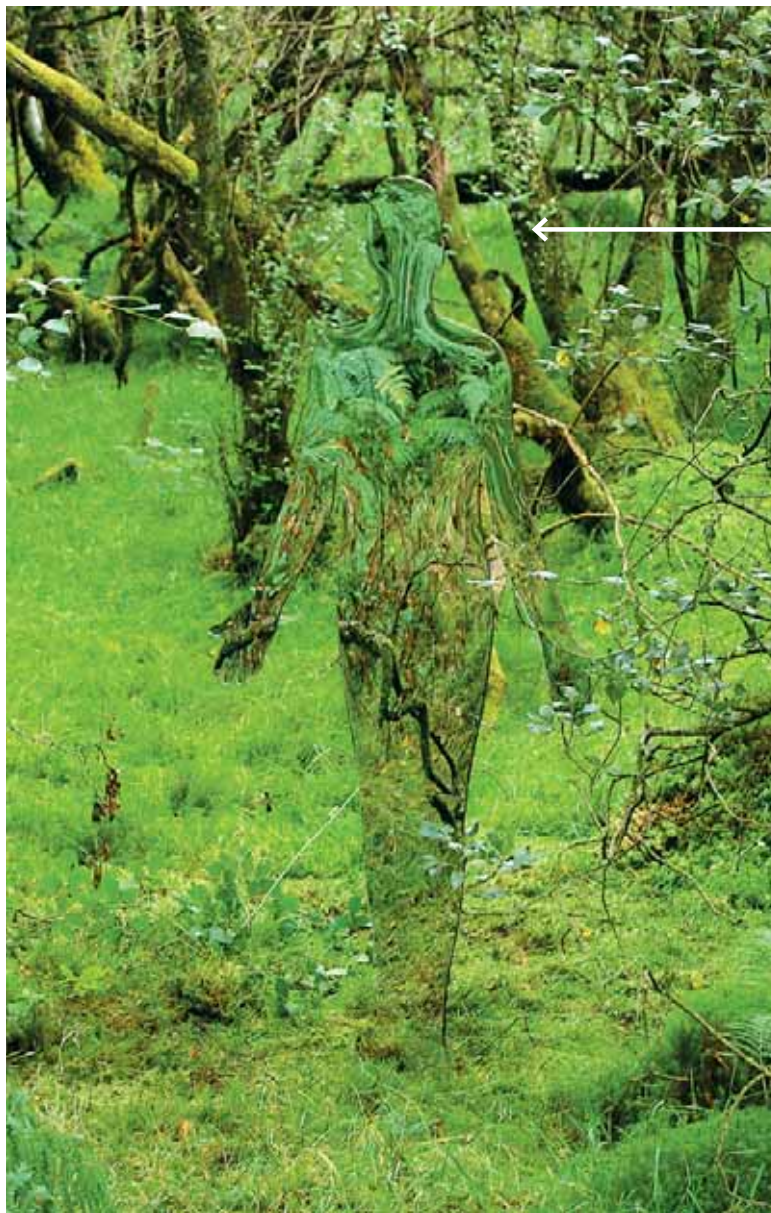
"I really like that guy's hair."

You need a haircut.

"Did you still want to meet up tonight?"

If a girl actually wants to go out on the town, she'll pose the question "Where are we meeting?" If she wants to subtly hint at the fact that she would like to bail on you, she'll use this phrase. In reality, she has no desire to leave her house; she is halfway

Mirror, mirror, in the woods



ROB MULHOLLAND/REX FEATURES

Part of the scenery

'Invisible' people spotted in forest

"Invisible" figures that appear to blend into the environment have been spotted in Scottish woodland. No, it's not something paranormal — it's an art installation. Rob Mulholland's series of six mirrored figures reflect the images of their environments to give the invisibility illusion. **MWN**

'A visible metaphor'



Rob Mulholland with a figure.

Reflecting the past

What inspired your art?

I first did some mirrored foxes as a visible metaphor of their elusiveness. I took that idea to the next level and used figures of people.

What's so special about the woodland in the Trossachs?

I discovered that after World War I much of this area was depopulated to accommodate an in-demand timber industry. These figures are meant to echo the past settlements of people that once lived here.

People say these figures look like the "invisible" alien life forms in the Predator movies? Were they inspiration?

Not at all! It's pure accident they look the same. At first I never saw the similarity. Sometimes as an artist you're stuck in a bubble and you can't see the wood for the trees!

ANTHONY JOHNSTON/MWN

Weird news

Chinese émigrés seek French entrée

Thousands of people in China are trying to write their own ticket out of the country — in French.

Chinese desperate to emigrate have discovered a backdoor into Canada that involves applying for entry into the country's francophone province of Quebec — as long as they have a good working knowledge of the local lingo.

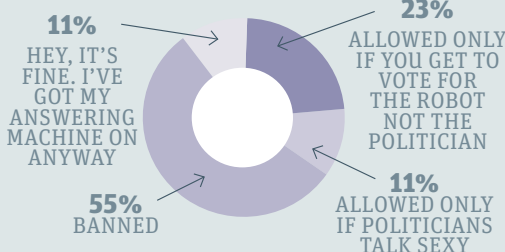
So, while learning French as an additional language is losing ground in many parts of the world — even as Mandarin classes proliferate because of China's rise on the international stage — many Chinese are busy learning how to say, "Bonjour, je m'appelle Zhang."

Yin Shanshan, 25, said the French class she takes in the port city of Tianjin near Beijing even includes primers on Quebec's history and its geography. **THE ASSOCIATED PRESS**



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Do you think election robocalling should be ...



Twitter

@JamesMoore_org

I'll be attending the NDP leadership convention this weekend in Toronto on behalf of the CPC. Should be fun!

@D6MERIT

Old man on plane shuffling around. Me: "U lookin for something?" Him: "I can't find my glasses" Me: "You're wearing them" Him: "Oh".#classic

@judyrudin

London, ON police already making arrests 4 THEIR riot. Took 5

months (and 1 civic elxn?) for VPD to do same. More than Crown ok'ing charges?

@Miss604

#fanshawe #flemming many 3 words: #Vancouver. Tequila. Expo. <http://ow.ly/9KKW1> Coming this May. *nudge* @hummingbird604

@jasminah_

There's a guy on the Skytrain rocking a old blue Blackberry circa 2005. Keep living the dream, sir.

Fight scenes deliver a knockout punch

The Raid. Film's writer-director sets a new standard for big-screen showdowns with his use of a little known Indonesian martial art style

TODD GILCHRIST
Metro World News in Hollywood

After decades of action movies and ass-kicking opuses from all across the globe, it's rare for audiences today to see something that truly knocks them out, much less that's original.

But Gareth Evans' *The Raid: Redemption* has set a new standard for the creative ways in which filmmakers can stage big-screen showdowns — in terms of technique, quality and even quantity.

No movie since the last *Matrix* installment has featured so many people fighting so furiously all at once, over and over.

If you ask the writer-director how he arrived at that style as opposed to more familiar forms of fisticuffs, however, Evans says he was primarily interested in introducing the world to the Indonesian form of martial arts known as silat, even as he constructed his brilliantly straightforward tale of a group of SWAT team members trying to fight their way out of a drug dealer's fortress-like tenement building.

"In terms of Indonesia, we're still in our infancy when it comes to action films," Evans says.

"We're huge fans of action cinema from America, from Hong Kong, from Thailand, but we're very aware of the fact that we can't replicate those.

"So we needed to create this style of fighting — and screen fighting — which doesn't feel like it existed that much before."

While other movies have embraced the absurdity of the choreography to create larger-than-life sequences, Evans said he wanted his fights to function realistically, even if he concedes that they're a lot longer than his heroes could possibly endure.

"Every movement has to feel like it's grounded in reality," the filmmaker explained.



The Raid opens in theatres this Friday. HANDOUT

Fighting to get noticed

"In terms of Indonesia, we're still in our infancy when it comes to action films."

Gareth Evans, *The Raid* director and writer, about the fighting style in his new film.

"So even though the duration of the fight is the exaggerated part of it, all of the movements feel real. And you get that feeling when you watch the film that if you studied that martial art too, you could do all of the movements as well."

The film's red-hot reception at film festivals over

the past several months inspired its distributor, Sony Pictures Classics, to bankroll not one but two more movies in the series.

But even with stateside studios knocking down his door, Evans said he's happier to keep fighting for his own ideas than taking a victory lap using someone else's.

"In terms of Hollywood, I'm not interested really in major big-budget stuff," he revealed.

"My love is for the type of film that I can feel passionately about in every page of the script and every line of dialogue.

"The most ideal situation for me is to find that one person that's going to support me to make the film that I want to make.

"I definitely want to make movies out here," he added. "But it's got to be the right film, and the right circumstances too."

DVD reviews

The Girl with the Dragon Tattoo

Director. David Fincher

Stars. Daniel Craig, Rooney Mara

Is David Fincher's tattooed Girl, this time with Rooney Mara instead of Noomi Rapace as the ruthless, messed-up computer hacker, any better than the Swedish original? Does it matter?

Dirtier, more violent and marginally more complicated than its Scandinavian forebear, Fincher's stab at Stieg Larsson's first Millennium trilogy novel manages to stand on its own merits.

While the pace is slow and there are some flat performances (particularly by Craig), there remain two reasons to drag out the Dragon Tattoo gun again: the incendiary performance of Oscar-nominated Mara, and the score by Trent Reznor and Atticus Ross. It's another improvement from the original film that helps build the dire mood.



Tinker Tailor Soldier Spy

Director. Tomas Alfredson

Stars. Gary Oldman, Colin Firth

"Nothing is genuine anymore," a character sighs in *Tinker Tailor Soldier Spy*, but he couldn't be more wrong.

This film is the real deal, set in pre-digital 1970s. Based on the bestselling 1974 John le Carré novel, which also spawned a memorable 1979 TV miniseries, it's a movie of chain smokers and whisperers, of rattling tea cups and rotary-dialed telephones.

Oscar-nommed Gary Oldman brilliantly assumes the role of stone-faced George Smiley, an ex-British Secret Service man brought out of retirement to search for a Soviet mole who has infiltrated the MI6. *Tinker Tailor Soldier Spy* is not just a movie about intelligence, it's an intelligent movie.

PETER HOWELL



SCENE



Scene in brief

Beyoncé gets back to work

Beyoncé is set to return to the stage for the first time since giving birth to daughter Blue Ivy. The Grammy winner will perform three concerts in New Jersey in May at Atlantic City's Revel Resorts. Revel said Monday that the shows will be held over Memorial Day weekend for the premiere of the \$2.4 billion resort. Beyoncé gave birth to her first child in January with husband and rapper Jay-Z. Tickets for the May 25 through May 27 concerts go on sale April 6. Beyoncé will perform in the Ovation Hall, which has 5,050 seats.

THE ASSOCIATED PRESS

On the Web



R.J. Smith paints a complex portrait of James Brown in *The One*

Telenova nights: comedy legend goes Latin

Ferrell fever. The SNL stars speaks to Metro about becoming a man, Burgundy and, of course, his bum

MEREDITH ENGEL

Metro World News in Hollywood

For the duration of his new movie, *Casa de Mi Padre*, Will Ferrell speaks only in Spanish — the entire movie is subtitled. Fittingly clad in a powder blue country Western shirt (“It’s got a little bit of a Dallas Cowboy cheerleader feel to it,” he says), he spoke with us about his career, his kids and his famous rear end.

You have a nude scene in this film, and this is the second time that you’re showing moviegoers your butt. What is it about your tush that you think audiences can’t get enough of?

Honestly, I just was serving the script, No. 1. But No. 2, I think it’s a funny-looking butt. It’s a comedy butt. It was just a great opportunity to make fun of the stereotypical passion

Funny fanny

“I think it’s a funny-looking butt. It’s a comedy butt. It was just a great opportunity to make fun of the stereotypical passion scene.”

Will Ferrell regarding his rear end, displayed in a love scene in *Casa de Mi Padre*.

scene. Also, on a deeper level, we’re so body-image conscious — why not show that we all have normal-looking bodies? It’s kind of a way to just go, it’s not that big a deal.

Your character, Armando, steps out of the shadows and finds his machismo in this film. Can you pinpoint a time in your life when you really came into your own?

I think if you’re doing comedy, I don’t know if you ever really reach that feeling of like, “I’ve got it down.” I think there’s always a place of fear within you where you’re like, “God, I hope this works.” Getting on Saturday Night Live maybe was a little moment of that, but then you have to prove yourself on Saturday Night Live. Then

you leave the show and you test your waters in the movie world, and this business is getting harder and harder.

This movie is being described as *Anchorman*-meets-telenovela. How would Ron Burgundy fare in this world?

Probably horribly, because there’s no way Burgundy knows any other languages. He’d pretend that he knows Spanish and just immediately get in some awkward, horrible, compromising position where he gets shot. Yeah, I don’t think he’d do well.

Super skilled

In this film, you speak Spanish, you ride a horse and you play the trumpet. What other special skills do you have that audiences don’t know about?

- That was not me [on the horse]. A couple times it was, where it slowly walked away, but any sort of big riding [wasn’t]. But it looks good! That was me mimicking playing the trumpet. I can juggle knives, that’s pretty cool.



Will Ferrell, left, as Armando Alvarez in *Casa de Mi Padre* HANDOUT

Titanic twin? Downton Abbey is not headed toward an iceberg: Roache

Comparisons to other historical productions are inevitable for the ambitious four-part TV series *Titanic*, notes star Linus Roache.

And between the epic James Cameron blockbuster, due for re-release next month in 3D, and the Edwardian TV smash *Downton Abbey*, which draws various plots from the liner’s sinking, there are plenty of analogies to be made — and dispelled.

Roache is particularly dismissive of media references to his disaster tale as *Downton* at sea — a reference to the fact *Titanic* was written by *Downton Abbey* creator Julian Fellowes and similarly charts a multitude of storylines that cross various social strata.

“Well, everybody is going to do that because it’s Julian Fellowes and you know, obviously he writes extremely well for big ensemble casts and he writes very well for this sort of upstairs-downstairs class divide,” Roache says in a recent phone interview from his home in Lenox, Mass.

“But this I would say is very different from *Downton Abbey* because *Downton Abbey* is not headed toward an iceberg where everybody’s lives are at risk. At the same time as being a period drama, it’s also a kind of an epic disaster movie.”

It’s tempting, too, to compare the sprawling Canadian-



Linus Roache as Earl of Manton and Geraldine Somerville as Louisa, Countess of Manton in *Downton Abbey*. HANDOUT

A cruising character study

“Each night you revisit the stories and you pick up on different characters and you also sort of see some of the same scenes from different perspectives.”

Actor Linus Roache on *Downton Abbey*

Hungarian-British co-production to Cameron’s box office juggernaut *Titanic* but Roache says his TV version differs by navigating “the story of the

whole ship and not just one main love story.”

Roache also points to a unique narrative structure in which each episode revisits the tragic sinking several times, from different points of view.

“Each night you revisit the stories and you pick up on different characters and you also sort of see some of the same scenes from different perspectives,” explains Roache, best known for TV’s *Law & Order: Special Victims Unit* and *Law & Order*. So by the end of the four nights you’ve really gone on quite a journey of all of these characters.”

THE CANADIAN PRESS

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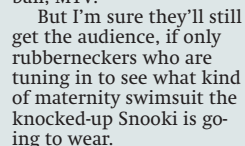


OUR TAKE ON THE WORLD OF CELEBRITIES

'Original guido'

Dorothy Robinson
scene@metronews.ca

It was announced yesterday that production for the sixth season of the show is set to begin this summer in Seaside Heights, N.J.



Jessica Simpson

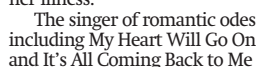
With her baby due any day now, Jessica Simpson held a lavish baby shower at her home this weekend, with family and friends like sister Ashlee Simpson, Ellen Pompeo and Jessica Alba in attendance, according to Us Weekly.

shower, with many of her friends bringing babies," a source says.

And what about presents? "She received tons of gifts mostly wrapped in pink gift wrap and boxes. There were several books, stuffed toys and clothes among other items."

The article even stated that Turshen is “writing

a second cookbook with Gwyneth Paltrow after their collaboration on *My Father's Daughter*."



Celine Dion

Now returned to Caesars Palace a year ago for a three-year engagement.

THE CANADIAN PRESS

Twitter



@katyperry

The universe is speaking.
Listen to it.



@russellcrowe

pm workout 25 mins of stretches and light weights,
30 lengths of the pool (600m)



@RealKiefer

Don't have anything clever to say (not that I ever have) but having a great day & hope you are too!



@alecbaldwin

Today is a big day. A momentous day. Today is the day I that I zzzzzzzzzz.....zzzzzzzzzz

rsal

1. 1. 1.

215

Jessica Simpson

With her baby due any day now, Jessica Simpson held a lavish baby shower at her home this weekend, with family and friends like sister Ashlee Simpson, Ellen Pompeo and Jessica Alba in attendance, according to Us Weekly.

shower, with many of her friends bringing babies," a source says.

And what about presents? "She received tons of gifts mostly wrapped in pink gift wrap and boxes. There were several books, stuffed toys and clothes among other items."

Paltrow writes her own cookbooks, OK?

Gwyneth Paltrow is taking the New York Times for task over reporting that she'd worked with a ghostwriter for *My Father's Daughter*, a cookbook she released last year.

"Love The New York Times dining section but this week's facts need checking. No ghostwriter on my cookbook, I wrote every word myself." Paltrow posted to Twitter in response to an article that named Julia Turshen as the book's uncredited collaborator.

The article even stated that Turshen is “writing

Tweeting the record straight

"Love The New York Times dining section but this week's facts need checking. No ghostwriter on my cookbook, I wrote every word myself."

Gwyneth Paltrow

The fifth season of *Mad Men* debuts in the U.S. on March 25, so prepare yourself for more shameless behaviour. Our hero's a drunk, his boss is a womanizer and the women have issues, too. Here's our self-help advice for our favourite characters — apply if necessary.

ROMINA MCGUINNESS
life@metronews.ca

Analyzing the Mad in Men

Don Draper

VICES

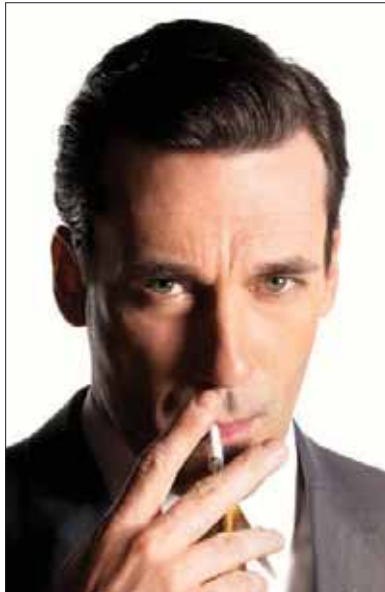
Draper, head of creative at the ad agency, blocks out his past and his feelings. He smokes, drinks and has many lovers and cheats.

SOLUTION

"Smoking, drinking and having indiscriminate sex are all mind numbing activities and ways for Don Draper to ignore his history," says psychotherapist Jonathan Alpert, author of the self help book *Be Fearless*. "They serve as a distraction from the real issue: himself."

The more he indulges, the less he has to deal with.

"Draper needs to spend less time thinking the world owes him and more time trying to understand his past. He also needs to find a female role model to make up for his tumultuous past that was absent of one."



Joan Harris

VICES

Office manager Joan loves bad boys, sex and tight dresses. She comes across as sassy and bold but inside, she's vulnerable and afraid of ending up alone. She is pregnant with her ex lover's child (former boss Roger Sterling) but tells her husband it's his.

SOLUTION

"Instead of using her body as a means to get things, she should try using her mind," says Alpert. "By relying on her body to leverage what she wants people only get to know her in that way."



Roger Sterling

VICES

Multiple heart attacks haven't slowed down Sterling's (very) heavy smoking and drinking. He believes every problem can be solved with or over a drink. He has a penchant for younger women and still has feelings for his ex girlfriend, Joan Harris.

SOLUTION

Sterling has a grand sense of entitlement. Roger should ask himself: who am I, if not an agency owner?



Peggy Olsen

VICES

Workaholic Peggy is desperately striving for professional recognition in a male-dominated world.

She's had a baby out of wedlock after an affair with a married man. Her denial of the pregnancy was so intense she was unaware of her condition until she went into labor.

SOLUTION

"Peggy Olsen compensates for her apparent insecurities by throwing herself into work," says Alpert.

"This distracts her from the real problem: her inability to be intimate," he adds.



Lawsuit

Plastic surgery

French actress Emmanuelle Béart, whose face is distorted from too many operations, launched an open attack against blotched plastic surgery. Just get old!

On the Web



Is 'pink slime' in your burger? You may not know until it's in your mouth - or ever

ARE YOU WORKING WHILE DEPRESSED?



Are you working at a paid job and have **3 or more** of the following symptoms of depression?

- Depressed mood
- Diminished interest or pleasure in activities
- Change in appetite
- Poor sleep
- Fatigue
- Low self-esteem
- Poor concentration

If you have some of these symptoms and are between 19 - 55 years of age, you may be eligible to participate in a research study, "Neurocognition and Work Productivity in Major Depressive Disorder". This study looks at the effects of antidepressant medication on cognition and work functioning.

The study is being conducted by **Dr. Raymond Lam** at the **Mood Disorders Centre, UBC Hospital**.

For more information, call **604-822-8012**.



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA



You want to get ...

Christina Hendricks' hourglass figure

She doesn't stress over her weight and just goes with the flow

"Weight is arbitrary. Go by feel. Work on being honest and analytical as opposed to critical when it comes to your body," says Gunnar Peterson, a personal trainer. "If you stick with your food and exercise plan, you'll eventually get to where you need to be."

She works out with her husband

"Some people need someone to hold them accountable, others need someone to keep them engaged."

If you find someone who is dependable, pleasant to be around and has the same



Gunnar Peterson is personal trainer to J. Lo and Kim Kardashians. HANDOUT

attitude vis-a-vis exercise then it's more fun for the relationship."

She breaks every food rule

"Indulging from time to time keeps the resentment at bay as well as de-emphasizing the

food that you're indulging in. Your diet can vary but when you find something that works nutritionally as well as leaves you feeling good, you can stick with it until you burn out on it."

Nom nom at Phnom Pehn for National Noodle Month



Phnom Pehn Dry Egg Noodle No Broth (\$6) ERIN IRELAND



LUNCH RUSH
Erin Ireland
life@metronews.ca

At few eateries is a 30-minute wait for a table good news. But at Phnom Pehn, where at least several dishes hold legendary

status, this is the case.

As March is National Noodle Month, it was the perfect excuse to visit one of our city's best Cambodian-Vietnamese-Chinese restaurants.

Fluorescent lighting? Love it. Sharing a table with a stranger? Please!

Next to me sat an older

woman who seemed as into the food as I anticipated to be. We exchanged knowing smiles.

Servers are on the ball with their recommendations. All I did was specify my preferred noodle type, and the dish was on its way.

The heavy tangle of egg noodles — coated in a savoury,

syrupey soy-based sauce — is decoratively covered with juicy prawns and double pork. Fresh bean sprouts add a crunch.

Those fabled dishes I mentioned include Chicken Wings, Butter Beef and Luc Lac. Try a Vietnamese Coffee with condensed milk, too — you may end up adopting this style at home.

Visiting the restaurant

Phnom Pehn

Address. 244 East Georgia St.

Phone. 604-682-5777

Rating. 4.5/5

Rice range. \$

Reservations. Yes

Client negotiations. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. No

Veggie Sloppy Joes. Go meatless for dinner with this twist on a favourite



Ingredients

6 portions

- 1 pkg (340 g) veggie ground round
- 1 onion, chopped
- 1 clove garlic, minced
- 250 ml (1 cup) ketchup
- 250 ml (1 cup) barbecue sauce
- 15 ml (1 tbsp) prepared mustard
- Freshly ground pepper
- 6 hamburger buns

1 In a large skillet, cook veggie ground round, onion and garlic over medium heat until onion is slightly brown.

2 Add ketchup, barbecue sauce, mustard and pepper. Cook for 5 minutes on low heat, stirring occasionally.

3 Divide among hamburger buns to serve. **THE CANADIAN PRESS/ YVES VEGGIES CUISINE/ ADAPTED BY EMILY RICHARDS**

Spring into spring with lighter options

While most varieties of meatballs pack 74 calories and more than four grams of fat per ball, this recipe cuts calories down to 36 and less than a gram of fat per meatball.

1 Heat oven to 190 C (375 F). Then in bowl, combine turkey breast and ground beef, and mix gently.

2 In a blender, combine 75 ml (1/3 cup) of the chicken broth, onion and egg white. Blend until finely chopped, about 15 seconds. Add puffed rice and blend to make a thick paste.

3 Add egg mixture to meats, then season with salt and red pepper flakes. Divide mixture into 20 even mounds, using about 15 ml (1 tbsp) each. Shape each into a ball using slightly wet hands to help prevent sticking.

4 Coat a large non-stick sauté pan with cooking spray and heat over medium-high. Working in batches if necessary, once pan is hot add meatballs, leaving about 1-cm (1/2-inch) space between them. Cook for 1 to 2 minutes or until browned on the bottoms. Roll meatballs onto other side and brown evenly, 1 to 2 minutes. Remove meatballs from pan.

Swedish Meatballs



This recipe makes 20 meatballs. MATTHEW MEAD/ THE ASSOCIATED PRESS

5 Add remaining chicken broth to pan and bring to a simmer. In a small bowl, mix evaporated milk with arrowroot, then stir into chicken broth. Cook and stir for about 10 seconds, then return meatballs to pan, then place pan

in oven and bake for 8 to 10 minutes or until meatballs are cooked through.

6 Transfer meatballs to a serving platter. Insert short skewers into each meatball. Set sauté pan over

medium heat and cook sauce for 1 to 2 minutes or until slightly thickened. Spoon sauce over meatballs and serve with cranberry sauce.

ROCCO DISPIRITO, AUTHOR OF THE NOW EAT THIS! AND "NOW EAT THIS! DIET" COOKBOOKS/ THE ASSOCIATED PRESS

Ingredients

20 portions

Start to finish cooking time: 40 minutes

- 250 g (8 oz) extra-lean ground turkey breast
- 175 g (6 oz) lean ground beef
- 150 ml (2/3 cup) fat-free, reduced-sodium chicken broth, divided
- 125 ml (1/2 cup) chopped yellow onion
- 1 egg white
- 500 ml (2 cups) puffed brown rice cereal
- Salt, to taste
- Red pepper flakes, to taste
- 50 ml (1/4 cup) evaporated fat free milk
- 5 ml (1 tsp) arrowroot powder
- Olive oil cooking spray
- 50 ml (1/4 cup) no-sugar spiced cranberry sauce



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Modern love in a digital world



Jodi Brown, Metro's vice-president of marketing and interactive, left, is pictured with her fiancé, Matt Peacock. CONTRIBUTED

Romance. We used to fly banners through the sky to get our loved one's attention, but now there's Facebook — it's faster and a lot cheaper

**YLVA
VAN BUUREN**
For Metro

When Jodi Brown finally decided to accept Matt Peacock's wedding proposal, the social media aficionado wanted to say 'yes' in a way that was unique, memorable and "fit with who I am."

Jodi is vice-president of marketing and interactive at Metro News, has two boys, Jaden, 14, and Calum, 9, and she's a huge fan of social media.

Metro readers are likely familiar with Jodi — she shared her cancer story in the paper last fall (and she's doing great now!).

After hearing a social

Pinterest

Jodi Brown has also started a wedding board on Pinterest. Check it out at pinterest.com/luckyjodi/jodi-matt-s-wedding-ideas

media expert talk about how you can micro-target advertising messages on Facebook, she decided she would accept Matt's proposal digitally by creating a Facebook ad that would be guaranteed to be read by him.

"By using 'targeted qualifiers,' you can actually target the campaign to reach just a few people," Jodi said.

Matt is the love of her life. They hit it off instantly when they met at a business function in September 2010.

"We both have high-energy personalities ... we're outgoing and active and we love to travel. And, we have the same goals," she said.

But after dating for two months, Jodi was diagnosed with breast cancer. She thought he might not stick around because of it but that wasn't the case.

Matt stayed by her side through surgery and treatment. Since moving in with Jodi and her kids last July, he has proposed a few times.

"Yes I'll Marry You Matt" was the headline Jodi used in the Facebook advertising campaign along with a picture and a short blurb about how she felt.

While she figured it might take him a week to see, it took Matt just five minutes on the day the campaign was launched to notice it on his Facebook page.

"Then it took him 10 minutes to update his relationship to engaged," Jodi said.

She says the campaign ran just for the one day, and seven people including Matt saw it an average of 12 times each. At the end of the day, the campaign cost her three cents in total — for every thousand times the ad showed up, the price was one dollar.

Since the ad appeared, the couple has received hundreds of messages of congratulations and advice on Facebook.

Now they are pinning down the date (either September 2012 or May 2013) and starting to plan.

"And of course, social media will play a role in the planning of the wedding ... there's just no way it won't," Jodi said.

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sp: metro ski Photo provided by Cypress Mountain

Heading south of the border to do some shopping

Plan ahead. Cut coupons and look for deals before you hit stores in the U.S. (and don't forget to bring a pair of comfy shoes).



YOUR MONEY
Alison Griffiths
money@metronews.ca

'Tis the season for travel. It's the time of year when many families head south for the beach or the slopes and shopping, especially now with the loonie lingering near par.

Sadly, we're limited when it comes to enjoying some of the best U.S. deals. I recently bought my favourite wine, J. Lohr Paso Robles Cab, for a mere 12 bucks at Target. The same vino in Canada will set you back \$20 or more. But we can still only bring back 1.14 litres of liquor or 1.5 litres of wine regardless of the trip length.

Savvy cross-border shoppers head to the outlet malls and big box stores to score deals. But with a bit of planning you can do even better by monitoring the coupon offers at your destination.

First, check out the local newspaper. Advertising is up since the worse of the recession and the papers are full of coupons. In Canada, we usually see flyer-heavy papers on Wednesday and Thursday, but in Florida, for example, Saturday or Sunday is when you will find the largest number of flyers and ads.

Another great source are the newspapers' websites. They are far richer with coupons than in Canada.

Also, visit store websites. Last week, I took advantage of a two-day only 20 per cent off any purchase at Chico's and a similar deal at Macy's. Some stores are strict about having the coupon in hand but when I left my Macy's offer in the printer, the checkout person swiped one she had at the counter to give



There's nothing quite like a good deal. iSTOCK

me the discount.

Finally coupon sites have proliferated in the U.S., over 500 at last count.

Here are five top websites, according to the Wall Street Journal:

- CouponCabin.com
- RetailMeNot.com
- SmartSource.com
- Coupons.com (mainly groceries, also I couldn't load it with my Safari browser but could with Firefox).
- CouponMom.com (primarily groceries)

If you are intending to do some serious shopping be sure to start your deal search be-

Alison's money rule

"Maximize your U.S. shopping deals by planning ahead."

fore you leave Canada or you might end up clipping or printing a coupon that only kicks in when you're at the airport heading home.

ALISON GRIFFITHS IS THE AUTHOR OF **COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA**

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Offices in Vancouver, Burnaby & Richmond

The deal with taxes

A few tips for the financially challenged



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

When do I have to file my taxes? Each year taxes are due to Canada Revenue Agency (CRA) by midnight of April 30.

How do I file my taxes?

You, or your professional tax advisor, can file your taxes through NETFILE (netfile.gc.ca). For help using NETFILE, consult CRA's online help or call the NETFILE help desk: 1-800-714-7257. Not everyone can use NETFILE, so check out the restrictions. If you run into problems you can still file the old-fashioned way in paper form and have the post office postmark it by April 30, 2012.

What if I've moved? File your taxes according to the address where you were living on Dec. 31 of the tax year.

What if I've experienced a major life event? If you've

had a child, experienced a death in your immediate family, got married, separated or divorced, there are special tax considerations for your situation, so consult with a professional tax advisor.

What if I'm behind on my taxes? If you haven't filed your taxes in a long time, get on it! By law, you must file a yearly tax return. The longer you let it go, the more complicated it gets.

Do I pay a fine if I'm late filing my taxes? If you are eligible for a refund, there is no penalty. However, if you owe taxes, the late filing penalty is five per cent of the amount you owe for 2011, plus one per cent of the balance owing for each full month that your return is late, to a maximum of 12 months.

What if I'm missing a form? By law, all your tax forms must be filed with CRA. You can request replacement tax slips by contacting the issuing agency.

Do I have to file a joint tax return? Taxes are filed on an individual basis in Canada. But, if you're married or living common-law you must claim your marital status



Deep breaths, baby, you got this. iSTOCK

because your tax benefits are calculated based on total household income.

What can I write off? If you are self-employed, you're allowed to claim some business expenses against your income. If you're not self-employed, it's unlikely you can write off employment related expenses. Research what you can claim or hire an expert. Keep receipts and documentation in case you're audited.

What if I made a mistake? If you've already filed your return, but discover an error, you can submit a T1 Adjustment to the CRA.

Stay tuned for next week's piece on the top ways to reduce your tax bill.

FIND ME ON TWITTER @LESLEYSCORGIE

You may need to file a U.S. tax return

If you're a U.S. citizen or Green Card holder residing in Canada, the IRS requires you to file a U.S. tax return even if you didn't earn any US income.

We can help you determine whether you're required to file or not. With H&R Block's experienced tax professionals, you can be assured that your Canadian and U.S. tax returns are prepared accurately and professionally.

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TW
Trend Watch

RIGHT LOOK, RIGHT AGE

**HERE'S WHAT TO WEAR
NOW, NO MATTER WHAT
YOUR NUMBER**

By Ingrid Williams



Solange Knowles

20s



Heidi Klum

30s



Sarah Jessica Parker

40s

GARMENTS: GEOFFREY ROSS STYLING: BREANNA GOW/JUDYINC.COM CELEBRITY: GETTY IMAGES



20s SOLANGE KNOWLES

A mix of punchy colour, playful pattern and a carefree approach to jewellery creates a look that's sophisticated, not stuffy.

A knockout hue pumps up an otherwise prim top.

Brose silk top, \$288, marikabrose.com

Bright beads and twisted textures score extra style points.

Fab Accessories 18K gold-plated Brass bracelet with faceted glass beads, \$48, fabaccessories.com

Good things happen when an eye-popping print meets a simple shape.

J.Crew Café Capri wool-silk blend pants in Jewel Jacquard, \$230, jcrew.com

Candy coloured knuckle-dusters are a major thing.



Carole Tanenbaum Vintage Collection pink cocktail ring, \$400, yellow Selro ring, \$400, and yellow-green enamel ring, \$550, caroletanenbaum.com

30s HEIDI KLUM

Fresh shades and prints that pop are easy ways to wake up those I-want-to-wear-them-everywhere jeans.

Think oodles more stylish than a T-shirt, but just as comfy.

Robert Graham Kalie silk top, \$198, 877-717-7466

Faded-wash denim is most stylish when it's cuffed and cropped.

Joe Fresh cotton-blend jeans, \$39, joefresh.ca



Be it a bag or shoes, there's always room for another pint-size hit of print.



Gap linen and PVC bag, \$65, gapcanada.ca

Artisan charm keeps oversize baubles from being OTT.

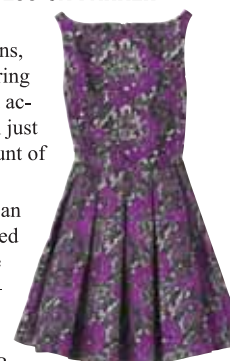
Fab Accessories, \$280, fabaccessories.com

40s SARAH JESSICA PARKER

Turn heads in graphic patterns, a figure-flattering silhouette and accessories with just the right amount of flash.

Proof you can be 60% covered up and still be 100% sexy — a fit 'n' flare dress is a must-have.

BB Dakota polyester dress, \$122, bbdakota.net



Glinting baubles in refined shapes echo a retro-chic vibe.

Carole Tanenbaum Vintage Collection Boucher black and crystal necklace, \$850, and diamanté bow earrings, \$350, caroletanenbaum.com

Put your foot down with fashionable flair in snakeskin-print platform heels.

Le Château suede heels, \$110, lechateau.com



30-SOMETHING

"Nail polish is better than a trip to the therapist," quips Essie Weingarten, founder and creative director of Essie. It certainly has fueled a healthy business for the New Yorker who celebrates the

brand's 30th anniversary in 2012—that's 700 shades and counting. Our fave new hue? A pastel lilac called To Buy or Not To Buy, \$10, essie.com



WRIST SHOTS

PREPPY

Play along with Gianfranco Ferré-style stripes, polka dots and colour-blocked patterns.

Winners narrow-hinged bangle with colour-blocking, \$20, winners.ca. Banana Republic chevron bangle in pink and navy, \$62, bananarepublic.ca. Hermès diamon-patterned enamel bangle, \$795, hermes.com. Birks Art Deco Collection by Roberto Coin square bangle bracelets in enameled sterling silver, from \$395, birks.com



BEJEWELLED



Dress like a princess—make that a queen—with a bevy of bejewelled bangles. Swarovski Rarely bangle, \$575, swarovski.com. Rita Tesolin crystal with green deco-style cuff, \$365, ritatesolin.com. Chanel golden metal bracelet with glass stones, \$3,375, chanel.ca. Elsa Corsi crystal hinged cuff, \$1,200, elsacorsi.com

ORGANIC

Take your cue from Donna Karan and get inspired by wood and the natural world.

Winners faux-wood and resin wide bangle, \$17, winners.ca. Dandi Maestre raw wood bangle, \$150, dandimaestre.com. Le Château faux-bark plastic bangle, \$13, lechateau.com. Michael Kors ebony-coloured wood bangles with pavé detail, \$210 each, 866-733-5677



KOOL-AID



Pile on the plastic fantastic à la Hermès with punchy colour and bold shapes. Hermès orange and green wood lacquer bangle, \$275, hermes.com. Expression green cuff, \$16, thebay.com. Carole Tanenbaum 1960 pink bangle, \$250, caroletanenbaum.com. Lacoste navy and black cuff, \$100, lacoste.com



ONE-MINUTE MIRACLE

Pile on the beads. A little boho, a little deco, a little ladylike: we view this season's runway trend of multi-strand necklaces a quick and easy way to update the simplest of wardrobe pieces.

Quartz and crystal beads, \$395, kumaris.ca

For more great style tips, visit TheKit.ca

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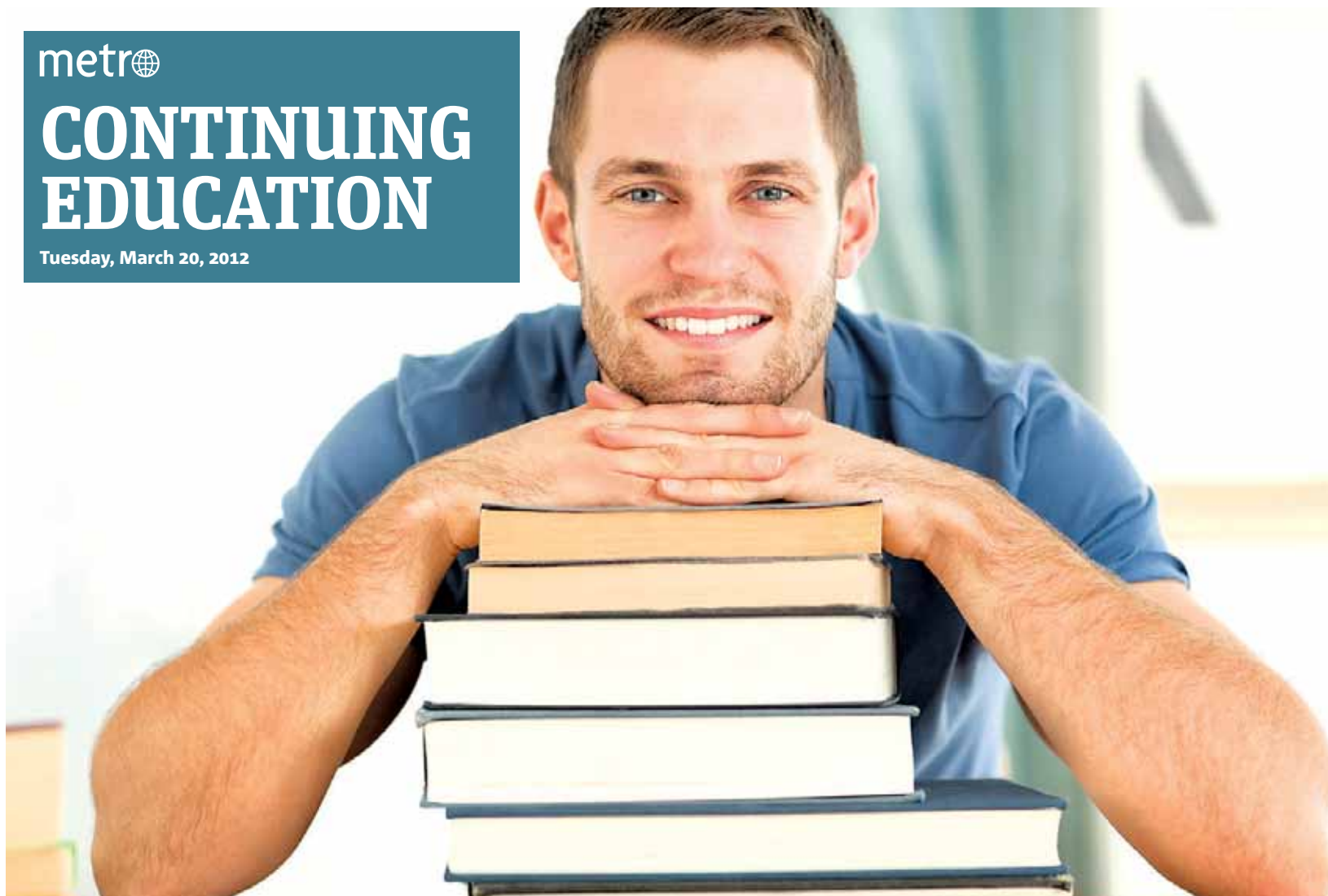
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CONTINUING EDUCATION

Tuesday, March 20, 2012



WAVEBREAK MEDIA/THINKSTOCK

Brush up on math, science skills

Douglas College. Course is designed for teachers

**DANIEL
HENDRIKSEN**
For Metro

Douglas College has a new diploma program designed for its participants to brush up on their grade school math and science skills. What sets the program apart from others is the fact that it is designed for teachers.

Classes for the two-year Post-Baccalaureate Diploma in Mathematics and Science Teaching are designed for working elementary and middle school teachers since they take place in the evenings and on weekends.

After completing six semesters, participants are eligible for a pay increase. In addition to receiving the diploma and potential increase in pay, graduates will come away from the program with increased knowledge, confidence and teaching skills that will in turn benefit their students.

Douglas is now taking applications for the first intake in September. For more information, contact Susan Oesterle at 604-527-5221.

Capilano wants to assist small business people

Capilano University has a new program out of its continuing education department designed to assist interested people with the ins and outs of small business in Canada.

Canada Works is a series of four workshops related to the business, cultural and economic perspectives for

working in small business in our country. The workshops cover everything a prospective small business owner/employee needs to get started.

Over a four-day period, the program focuses on one aspect per day. The workshops are as follows: How Canadian Society Works; How Canadian Business Works; How Canadian Economy Works; and How Communication in Organizations Work.

Course fees are \$459, which includes lunch each day. For more information, call 604-984-4901 or email

conted@capilano.ca.

Unsure about your future? Check out Simon Fraser

The Continuing Studies department at Simon Fraser University (SFU) has an excellent program designed to assist those unsure about their future make decisions as to which educational path is best for them.

SFU NOW features courses from the post-secondary institution's Faculty of Arts and Social Sciences and the Faculty of Communication, Art and Technology. They are

designed for working individuals, with classes taking place in the evenings and on weekends at both the Surrey and Vancouver campuses.

The courses can help participants choose a major, finish a degree or simply partake in a few classes. Students are encouraged to learn at their pace, while enrolling in as many or as few courses as desired.

SFU has information sessions March 28 at 5:30 p.m. in Surrey, and March 29 at 5:30 p.m. in Vancouver. For more, visit sfu.ca/sfunow/about.php.

Looking for reasonable yet quality Japanese lessons?

Vancouver Japanese Language School
established in 1906 has been offering various Japanese programs to preschoolers to adults.

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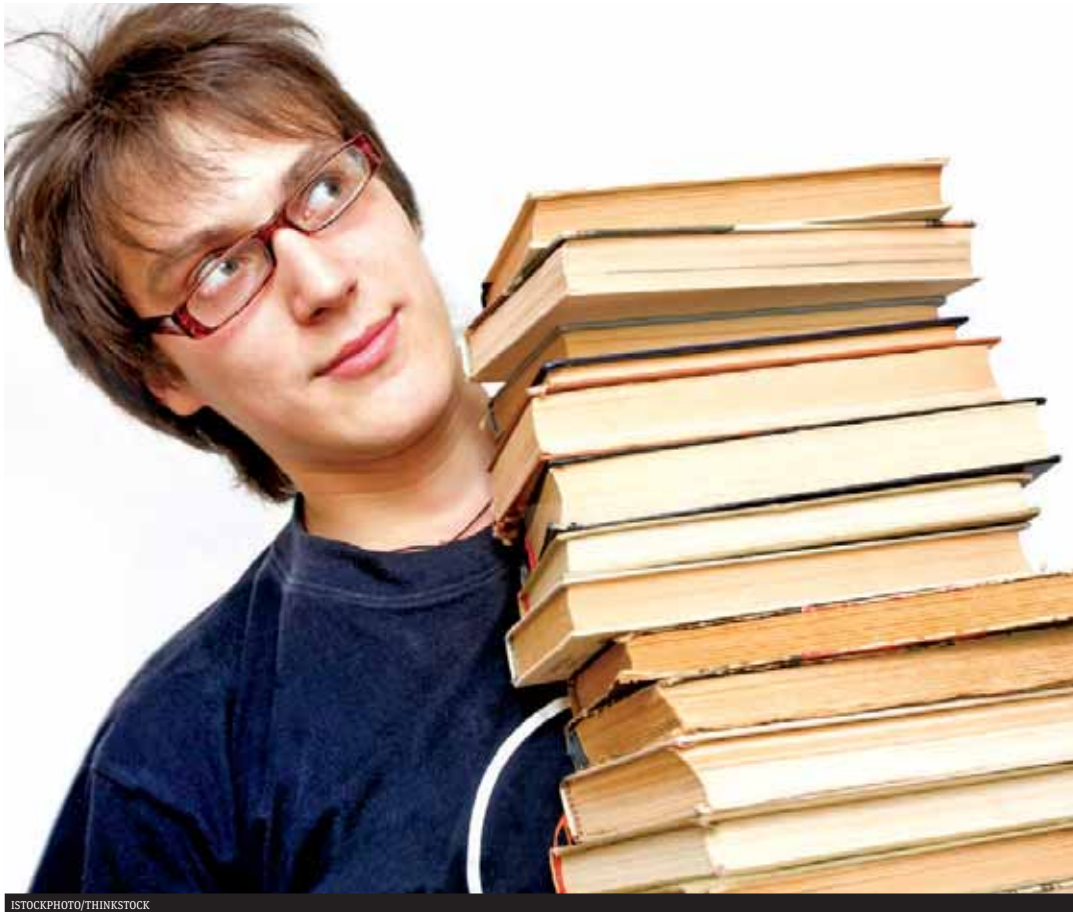
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Part-time masters

BCIT. Science programs available for those who find full-time workload isn't feasible

DANIEL HENDRIKSEN
For Metro

The British Columbia Institute of Technology (BCIT) is now offering two of its masters of science programs on a part-time basis.

Both the master of engineering in building science and the master of applied science in building engineering/building science can now be taken through part-time studies over three to five years for those who find a full-time workload isn't feasible.

Both degree programs offer an interdisciplinary curriculum. They focus on an engineering approach for practical problem solving and applied research to provide solutions to industry problems.

BCIT is home to the Building Science Centre of Excellence (BSCE) lab, the largest of its kind in Western Canada. It recently received a \$530,000 boost in funding, making both of the above degree programs among the best in the country.

More information can be found at bcit.ca.

Capilano offers

Home Inspection Training

Anyone looking to buy, sell or renovate a house would benefit from the Home Inspection Training course offered by Capilano University.

The course is accredited by the National Certification Program for Canadian Home and Property Inspect-

ors. It teaches participants the construction knowledge, communication skills and business savvy needed to be a good home inspector.

Throughout eight modules, students learn the step-by-step process of completing a thorough, professional home inspection report. The course features audio and visual tutorials, photos of numerous inspection scenarios, and practice exercises and quizzes. Students will also receive information on how to set up their own home inspection business.

The next start date for the course is June 2, and will run through June 8. For more information, visit ahit.com/affiliates/capilano/index.cfm.

Douglas program is first of its kind in Western Canada

Douglas College is accepting applications for its new post-degree diploma in the Psychosocial Rehabilitation (PSR) program.

The first of its kind in Western Canada, the part-time program is designed to prepare mental health practitioners to help people with mental illness recover, take charge of their lives and reintegrate into their communities.

PSR is a system of services and support, with a focus on recovery. The post-degree program at Douglas educates practitioners on how to assist their mental health clients with their road to recovery.

The new one-year diploma program allows working professionals to study during evenings and weekends. Participants will prepare to write the Certified Psychiatric Rehabilitation Practitioners (CPRP) exam.

For more, see douglascollege.ca/psr.

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PR for newcomers

DANIEL HENDRIKSEN
For Metro

Canadian newcomers planning to get into the field of public relations need look no further than a new program offered by Simon Fraser University (SFU).

The Public Relations Certificate at SFU also includes advanced English training

and, best of all, it's free. Participants will learn from Canadian PR professionals over 14 weeks of classes, and then engage in a three-week practicum.

Students participate in both PR courses such as Fundamentals of Public Relations and Media Relations, as well as advanced English courses including Introduc-

tion to Sociocultural Issues in Canada and Professional Reading and Writing. All classes take place at SFU's downtown campus in Vancouver.

The program has started for the spring intake, however, future start dates will be posted at cep_info@sfu.ca. Call 778-782-7925 for more information.

UBC CONTINUING STUDIES

Program Management UBC Certificate Program

100% Online

Learn how to align the right resources with the right projects to directly support your organization's goals. This program is designed for financial and operations managers, as well as business analysts and project managers looking to advance their knowledge, skills and abilities in program management.

UBC Continuing Studies is a Registered Education Provider of the Project Management Institute and an Endorsed Education Provider of the International Institute of Business Analysis.

Program Management Governance starts May 2

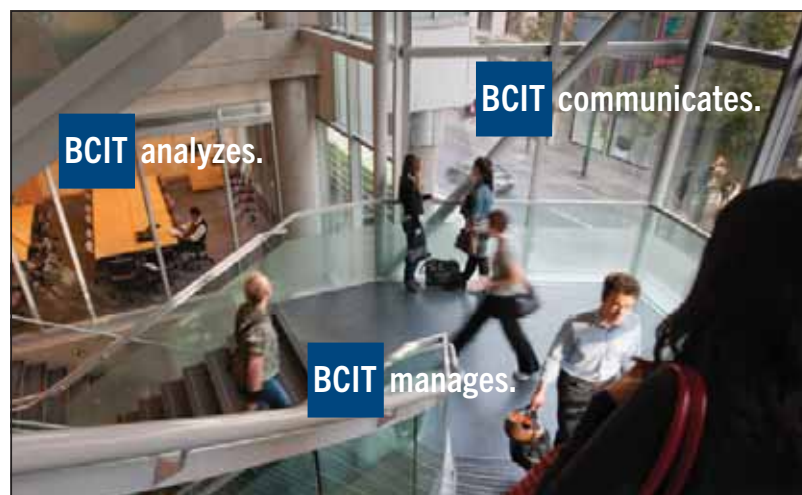
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Learning is a lifelong pursuit

JON
TATTIE
For Metro

For some people, learning stops as soon as they finish high school or university, but

if you want to live a challenging life and find fulfilment at work, experts say learning will likely be a lifelong pursuit.

CanLearn.ca is an online

resource from the federal, provincial and territorial governments that pools information on furthering your education.

"As the job market be-

comes more competitive, continuing education can help you keep up with the latest technologies, knowledge and skills you need to help you keep your job, get a new job or change careers through continuing education," it says.

It advises potential students to consider what they want to get out of their further learning — perhaps it's to finally get your high school diploma, or a specific university program to enter a particular profession, or to learn a skill to work in a trade. The clearer you are about your goals, the easier it will be to achieve them. Learn what you need to do, find out what schools offer the education you need, and ask them how to enrol.

Lisa Fanjoy, manager of online learning and continuing studies at Wilfrid Laurier University, says many adults

Knowledge

"As the job market becomes more competitive, continuing education can help you keep up with the latest technologies, knowledge and skills you need to help you keep your job, get a new job or change careers through continuing education."

CanLearn.ca report

turn to continuing education to advance an existing career, or just for fun. Wilfrid Laurier sees an even mix of students seeking professional and personal development.

For professional development, a popular course is risk-management certification,

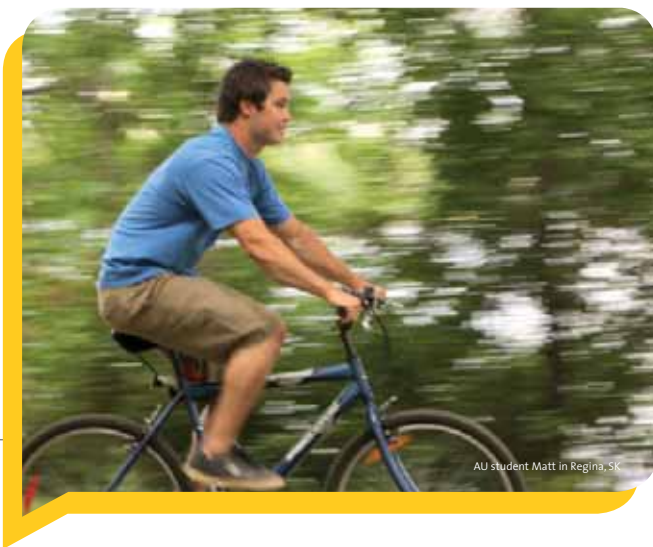
which is required for advancement in many jobs. Other in-demand courses include the fundamentals of management, diversity in organizations, clinical supervision, writing skills and other up-grades.

For personal development, it's about "a passion or project to indulge in," Fanjoy says.

She points to their popular online script-writing course, where amateur playwrights take a step towards making their dream a reality.

A related section of courses is targeted at retired learners and is basically CBC radio in real life.

Instead of (or as well as) spending money on a trip to Europe, many older Canadians spend money on courses to learn how the brain works, searching for the historical Jesus, studying Darwin, Shakespeare and many others.

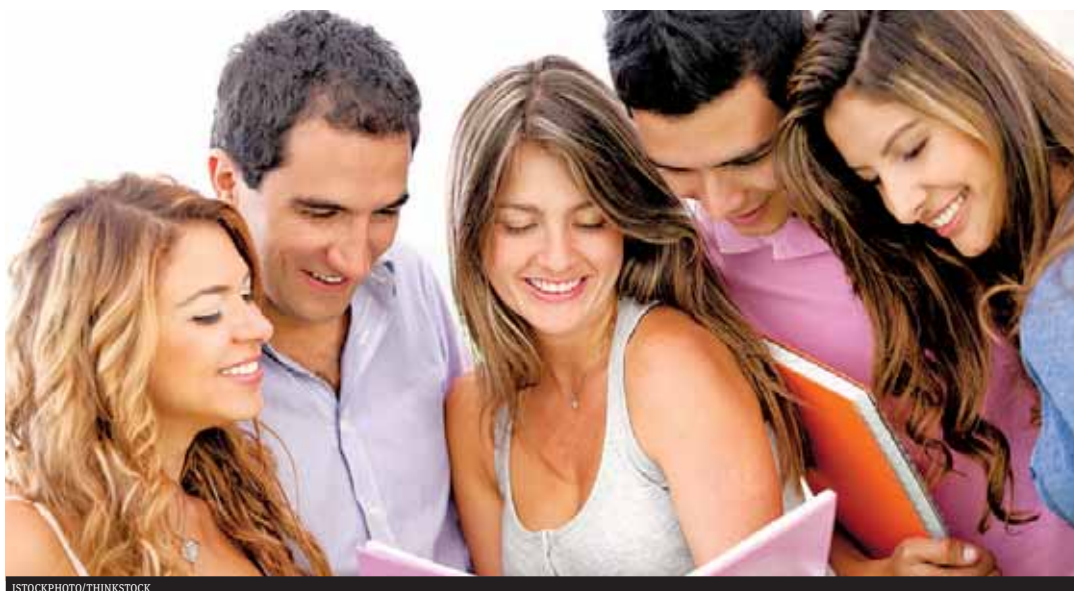


AU student Matt in Regina, SK

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Athabasca University



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Get away with UBC programs

For those looking to get away this summer and gain some knowledge along the way, the University of British Columbia (UBC) offers the perfect solution. The school is running two separate travel programs to Italy and France in August and September, respectively.

UBC in Sorrento gives students the chance to travel to Italy and take in the beautiful scenery of the Bay of Naples. While there, participants will engage in language classes in the morning and cultural tours in the afternoon.

The other European course is called Culinary and Historical Discovery of the Périgord and Southwest France. It is a two-week regional food and wine program with Chef Eric Arrouze.

For more, see cstudies.ubc.ca/.

SFU keen to inspire aspiring wordsmiths
Simon Fraser University (SFU) has a perfect new course for creative writers at its Surrey campus. Called the Southbank Writer's Program, it is designed to help motivate and inspire wordsmiths to get the most out of their work. Students will study and learn from local authors and graduates of SFU's award-winning creative writing program, The Writer's Studio.

Tuition for the program is \$1,700. Full payment is due by May 4.

For more information, call 778-782-8000 or visit csreg@sfu.ca.

DANIEL HENDRIKSEN

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"We have a lot of people choosing the online option because it's more convenient for them to work it around their lives."

STEPHANIE ORFORD
For Metro

Continuing education is getting a makeover, according to Carolyn Young, the director of continuing studies at Western University in London, Ont.

These days, universities, education centres and community colleges across Canada offer a dizzying array of up-to-date courses to help sharpen you up, and they are more accessible than ever.

No matter what your field is, keeping your skills up-to-date is key, says Young.

She is predicting that the highest enrolment at Western Continuing Studies this spring and summer will be in the Professional Certificate in Project Management, which helps students learn a rigorous framework for taking projects from concept to completion.

The Project Management certificate has attracted people from diverse backgrounds.

"I think many people who are seeking employment know that that's what will get them in the door," Young says.

London, Ont., isn't the only place in Canada where work-related continuing education is flourishing. According to Statistics Canada, about four out of 10 adults in the Canadian workforce took work-related courses from July 2007 to June 2008. More than 86 per cent of these workers took short or informal courses that didn't

earn them an official credential.

Continuing education is also worth a second look for those who want to expand their horizons beyond the workplace.

Odette Merchant, manager of Alternate Delivery at Nova Scotia Community College (NSCC), said she is seeing adults taking home improvement courses like gardening and interior decorating. Green-minded homebodies can even take courses on personal solar and wind power.

Western offers continuing education courses in art, culture and languages. One particularly successful course takes its students on a trip to Paris for 11 intensive days of impressionist art.

But students don't need to go to Paris for a good education. In fact, they don't even have to show up to a classroom. Online courses are the fastest growing area of education in Canada, said Young. Over the past couple of years she has seen a dramatic jump in the number of students at Western who are taking continuing education courses online.

"We have a lot of people choosing the online option because it's more convenient for them to work it around their lives," Young explains.

Carolyn Young, director of continuing studies at Western University in London, Ont.

BCIT. Opportunity to sample different options

DANIEL HENDRIKSEN
For Metro

For those unsure about what they are looking for in a career and those looking for a change, the British Columbia Institute of Technology (BCIT) offers a plethora of introductory part-time studies courses.

The wide array of "starter" courses offered allow you to sample different options if you aren't sure which direction to go.

Several different courses are available in each of the following disciplines: Applied and natural sciences; business and media; computing, engineering and technical

studies; and health sciences.

For more information and a full list of BCIT's introductory courses, check out bcit.ca.

Pursue knowledge with popular UBC program

The University of British Columbia (UBC) offers a popular program for people of all ages

at its Point Grey Campus.

It's called Ageless Pursuits and allows students to engage in one to four individual weeks of stimulating lectures, lively discussion and shared enquiry. Students can select two morning courses from four options each week.

Courses run daily from Monday to Friday and topics

include history, fine arts, politics, psychology and more.

All classes are held at the Frederic Lasserre Building. Fees are \$90 plus taxes per week for participants older than 55 years of age and \$135 plus tax per week for those younger than 55.

For more information, call 604-822-1444.

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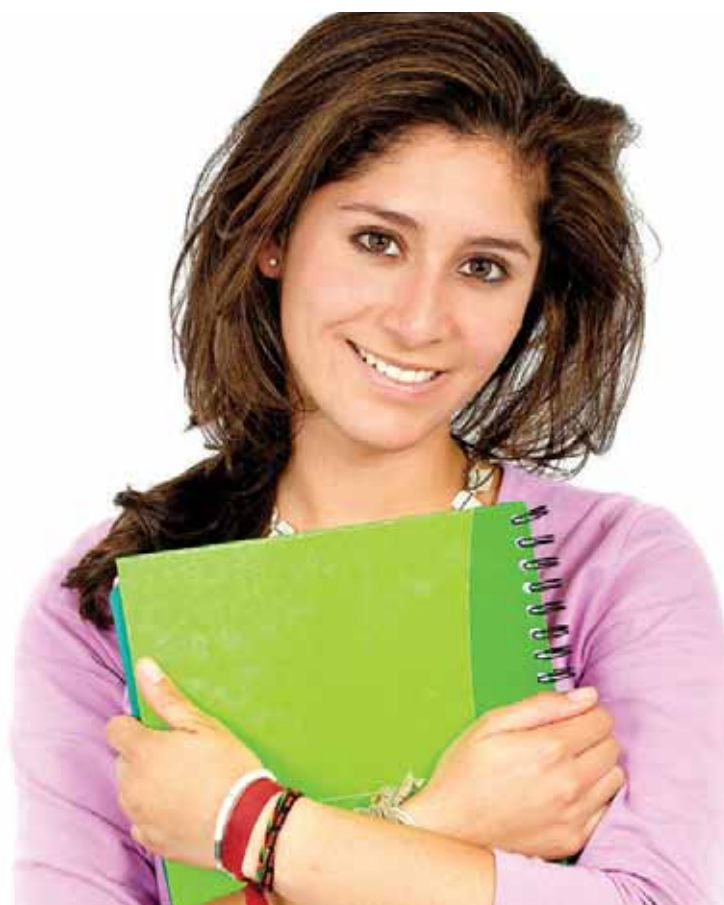
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Simon Fraser. Get creative with writing

DANIEL HENDRIKSEN
For Metro

Simon Fraser University (SFU) has a perfect new course for creative writers at its Surrey campus. Called the Southbank Writer's Program, it is designed to help motivate and inspire wordsmiths to get the most out of their work.

Students will study and learn from local authors and graduates of SFU's award-winning creative writing program, The Writer's Studio. The Southbank program focuses on fiction, non-fiction, memoir, and poetry, with the goal of honing the students' writing skills.

The part-time course runs May 26 to Aug. 18 with classes scheduled Tuesday and Thursday evenings from 6:30-9 and Saturdays from 10 a.m. to 4 p.m. All classes will be at the SFU Surrey campus library.

For more information, call 778-782-8000 or visit cgreg@sfu.ca.

Take a bite out of UBC culinary courses

A trio of culinary courses offered by the University of British Columbia (UBC) is great for anyone who loves to cook, and for people looking to gain some skills in and out of the kitchen.

Cooking for Two is an excellent course to learn some easy culinary skills with a loved one. Participants discover ways to make mouth-watering dishes and learn nutritious recipes.

Sustainable Seafood is designed for seafood enthusiasts with a social conscience. Students are taught to make unique and delicious seafood dishes, while also learning how to identify sustainable seafood products.

All courses take place at the UBC Point Grey campus.

Langara offers various real estate courses

With housing pricing in Vancouver among some of the highest in the country, world real estate is booming. If you are seeking a career in this field, you may want to look into Langara College's Real Estate program.

Langara offers several part-time courses and programs including Property Management Certificate, Professional Building Manager Certificate, Real Property Analyst Certificate, Social Housing Management Certificate, Strata Management, Construction and Development, Real Estate Investing, and, of course, Real Estate Career.

There will be an information session May 10 from 7-9 p.m. at Langara's Vancouver campus.

For more information, contact Brian Pink at 604-323-5409 or bpink@langara.bc.ca.

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All the world's a stage

Capilano. School offering three weeklong courses based on theatre

DANIEL HENDRIKSEN
For Metro

Capilano University has three new weeklong theatre-themed courses starting in June.

Movie Magic: Talent and Technique, Bard on the Beach Bound: Shakespeare's history, tragedy and two comedies, and Musical Theatre History will all be offered June 11-15.

Movie Magic focuses on examining and celebrating the talent and technique of movie-makers. The course uses a combination of lecture, film clips and group discussion with a different

focus each day.

The Bard on the Beach course offers an introduction to Shakespeare's range through a look at the plays for the 2012 season of Bard on the Beach.

The quartet of performances includes The Taming of the Shrew, Macbeth, The Merry Wives of Windsor, and King John.

For more, see capilanou.ca.

UBC course focuses on musical script writing

If you are a fan of television shows such as Glee and High School Musical, and would like to learn what it takes to become a script writer for programs like them, the University of British Columbia (UBC) has a new course designed just for you.

With the increasing popularity in musical television, UBC has created Writing for Television Musicals — Don't Stop Believing! Participants of the course will learn what it takes to deconstruct the components of a musical television production.

The course runs over four sessions from July 3-6 at UBC's Point Grey Campus. Call 604-822-9564 or visit cstudies.ubc.ca for more information.



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Photo credit (top to bottom): Kent Wingerak, Kent Wingerak, Han Lee, Katie Bakker, Luc Ubahgs.

4

SPORTS



Quoted

"I just want to make sure that I am getting better and feeling better each game."

Penguins star Sidney Crosby, who says he is pleased with his progress since returning to the lineup following a three-month layoff, Crosby collected five assists during Pittsburgh's three-game road trip through New York, New Jersey and Philadelphia that saw the Penguins pull within a point of the Eastern Conference-leading Rangers with three weeks to go in the season.



Canucks blanked in Minnesota

Stephane Veilleux of the Minnesota Wild misses a check on Marc-Andre Gragnani Monday in St. Paul, Minn. Erik Christensen's power-play goal late in the second period gave Josh Harding and the Wild a long-sought win, 2-0 over the suddenly sputtering Canucks. Harding made 33 saves for his second shutout of the season and his first victory since Jan. 21 over Dallas. Vancouver is now 3-5-2 in its last 10 games.

HANNAH FOSLIE/GETTY IMAGES

Manning chooses to sign with Broncos

NFL. Work under way on finalizing deal between former Colts QB and Denver

The Denver Broncos got their Man. Make that Peyton Manning.

Pending final contract negotiations, Manning will join John Elway's Broncos with hopes of winning another Super Bowl.

Still to be decided is what happens to last season's quarterback sensation, Tim Tebow.

The Broncos and Manning agent Tom Condon spent Monday working out parameters of a deal expected to be worth about \$95 million US over five years after the NFL's only four-time MVP called Elway, the Broncos' revered QB-turned-executive, and told him he had decided to come to Denver.

Tennessee Titans owner Bud Adams also said Manning let him know that he had picked the Broncos. Adams released a statement Monday

Analysis

Opportunity trumps Tebowmania

The images were indelible for Denver fans or anyone watching on TV as Tebowmania swept the nation.

On the sidelines, Tim Tebow was Tebowing after scoring yet another late touchdown. In his box upstairs, John Elway was trying his best to look excited about a quarterback he could barely stand to watch.

It was a shotgun marriage from the beginning, this unlikely pairing of a Hall of Fame passer with a quarterback

who never seems comfortable in the pocket. Now they are likely to divorce, because with Peyton Manning coming aboard there's going to be a different kind of mania sweeping the mile-high city.

For that, Bronco fans can thank the good people running the Indianapolis Colts. Without Manning on the open market, Elway likely would have been

forced by popular demand to keep Tebow. Manning gave him an opening, and Elway reacted like the gambling quarterback he once was in landing the kind of quarterback he always wanted.

The move was brilliant, assuming Manning is healthy and remains healthy. That's a big assumption, but Vegas oddsmakers quickly gave it their stamp of approval, lowering the odds of the Broncos winning the Super Bowl from as high as 50-1 to 10-1.

THE ASSOCIATED PRESS



confirming the Titans were out of the running and later said to The Tennessean: "He called me himself and told me he wasn't coming, that he made his mind up to go with Denver."

Besides the Titans, the San Francisco 49ers had been a finalist in the chase for Manning, who turns 36 on Saturday and missed all of 2011 because of multiple neck surgeries.

"I think it's a great place for him," Broncos defensive end Robert Ayers said outside the Broncos' complex. "I don't think he made a bad decision. I think he made a great decision. Hopefully we can prove him right and hopefully we can win a lot of games here."

Despite being sidelined all of last season, Manning's suc-

cess in the past — the Colts averaged a 12-4 record from 2001-10 — made him by far this off-season's top potential signing and perhaps the most desired free agent ever.

He was wooed to Denver by Hall of Fame quarterback Elway, who led the Broncos to two Super Bowl championships and now serves as their vice-president of football operations.

Elway, who retired from the game after winning his second straight title in 1999, never sounded all that convinced Tebow was the answer at the sport's most important position and now could trade the enormously popular but flawed QB.

Tebow energized the Broncos in leading them to the playoffs last season but his play was erratic.

"I wouldn't say I feel bad for him," Ayers said. "It's a business. And I'm pretty sure Tim understands that.... We wish him luck, no matter what he does. I hope he's here. He's a great leader, a great locker-room guy."

THE ASSOCIATED PRESS

Crossword

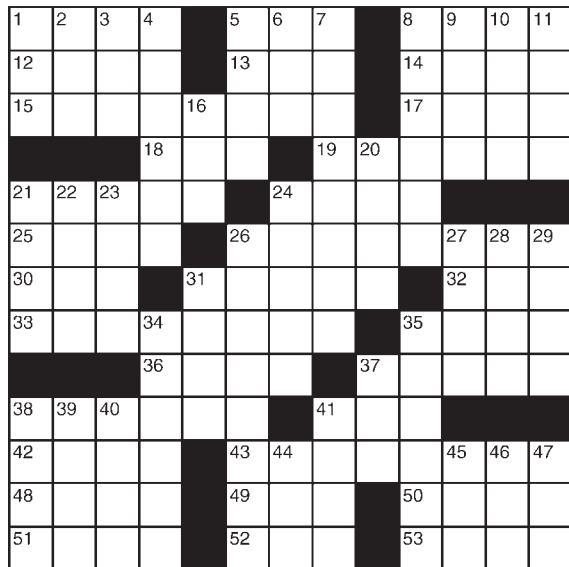
Across

- 1 Tire-changing aid
5 Spring mo.
8 Got bigger
12 Shaving cream additive
13 Fish eggs
14 Greek vowel
15 Fundraising events
17 Toe woe
18 Shell game item
19 Make money (from)
21 Ill-tempered one
24 "Groovy!"
25 Go sightseeing
26 Try to touch your toes, maybe
30 Blackbird
31 Logic
32 Raw rock
33 Sodium — (food preservative)
35 Tarzan's transport

- 36 Not all mine
37 "America's Next Top —"
38 Man's hat style
41 It's between jay and el
42 Egg
43 C-note
48 Toll road
49 CSA leader
50 Fence opening
51 Coaster
52 — out a living
53 Formerly, formerly
54 Sped

Down

- 1 Poke
2 Brewery product
3 Opposed to
4 Big enough fish, maybe



- 5 Met melody
6 Cauldron
7 Answer
8 Male escort
9 Santa's runway
10 Needle case
11 1/746 horse-power
16 Not many
20 Took the train
21 Impale
22 Sharpen
23 Destroy
24 Small change
26 Not too bad
27 Null partner
28 Sea eagle
29 Spool
31 Tart to the taste

- 35 Trip
37 Army rank (Abbr.)
38 Dandies
39 Satanic
40 Carolina campus
41 Dangling site
44 "A mouse!"
45 Scratch the surface
46 "— Impossible"
47 Butterfly catcher

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer



Send a kiss

- **My Angel** Remember every time your gaze at the beautiful stars, that I am as well. And every time I do, I'm thinking of you. We used to dance in a gazebo by the ocean to our favourite tunes. I miss your touch and your love. I'm forever with you in my heart. From Tristan
- **mylizz** This time its all my swag out the window! Don't you ever think about us with warm memories? Remember when you put your arms around me as I played 'fast car' for you?, or when we were so taken with each other we missed our stop and ended up on the other side of the city? Or our hair freezing on our way to Boom after a hot shower :P?! I just can't shake it all! Can you? I need closure, one more day, one more night with you! From hopelessly hoping
- **To:Strange-I dont Understand.** I may know the answer to your questions, if you're looking for me of course... which seems so improbable..but I posted something on here thursday. Is it a White Honda Civic and today was a nice day for a walk. From Just a guy

Horoscope

- ♈ **Aries** | March 21 - April 20.
With the Sun moving into your birth sign this is the perfect time to let go of all those things that are holding you back.
♉ **Taurus** | April 21 - May 21.
You will find yourself up against someone today who is at best unhelpful and at worst downright hostile.
♊ **Gemini** | May 22 - June 20.
You may not be able to get your own way today but is that really a bad thing?
♋ **Cancer** | June 21 - July 22.
You are determined to prove yourself, and you will.
♌ **Leo** | July 23 - Aug. 22. The Sun

- moves in your favour today, making it easier to develop your own ideas and your own way of doing things.
♍ **Virgo** | Aug. 23 - Sept. 22.
Don't take anything on trust. Sometimes, like now, it can pay to be a bit suspicious.
♎ **Libra** | Sept. 23 - Oct. 22. The effort you have put into a project of some kind has not been wasted.
♏ **Scorpio** | Oct. 23 - Nov. 21.
By all means set yourself a new target today but don't make it so way out there that failure is more likely than not.
♐ **Sagittarius** | Nov. 22 - Dec. 21. If you are too critical of a friend or colleague today you might

- turn them against you, so keep that wagging Sag tongue of yours under control!
♑ **Capricorn** | Dec. 22 - Jan. 20. If you find yourself at odds with someone you live or work with today it might be best to back off and let them have the last word.
♒ **Aquarius** | Jan. 21 - Feb 18. If someone offers to do you a favour today make sure you know what they expect of you in return.
♓ **Pisces** | Feb. 19 - March 20. If you get the chance to make some money in a way that is not entirely in line with your principles you would be wise to turn it down. There are many ways to be rich.
SALLY BROMPTON

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Caption Contest

"Hey look!! I'm air planking!!"
Diana

DARKO BANDIC/ THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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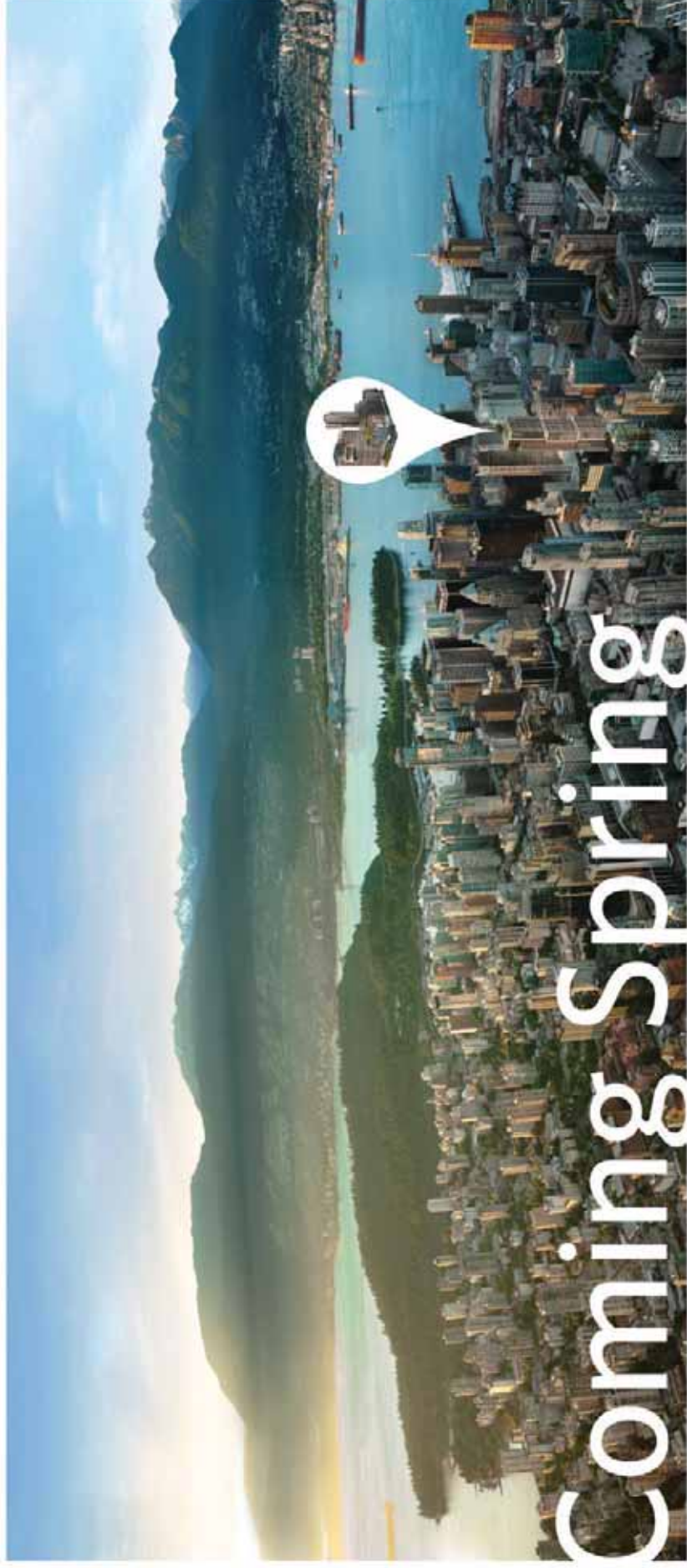
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